



Rayat Shikshan Sanstha's

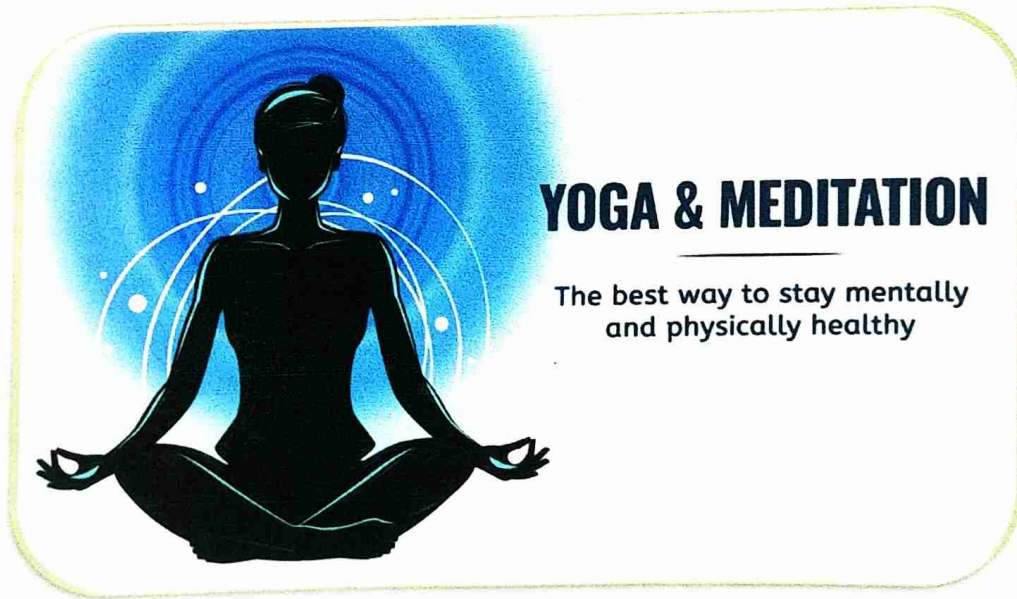
RAJARSHI CHHATRAPATI SHAHU COLLEGE, KOLHAPUR

Tal. Karveer, Dist. Kolhapur, 416003
{NAAC Accredited 'A++' Grade (CGPA 3.78) / ISO 9001:2015 Certified}

DEPARTMENT OF PHYSICAL EDUCATION

Skill-Based Short Term Course on

YOGA AND MEDITATION



YOGA & MEDITATION

The best way to stay mentally
and physically healthy

.....Syllabus & Course Information

SKILL BASED SHORT TERM COURSE ON **YOGA AND MEDITATION**

Introduction:

Yoga is a practice that combines physical postures, breathwork, and meditation to improve physical and mental well-being, while meditation is a mental practice focused on training attention and awareness to achieve mental clarity and emotional calm. While distinct, they are often combined, with yoga being described as a "moving meditation" and poses like Savasana serving as a bridge to a meditative state. Yoga and meditation train the mind to focus, which can improve attention span and memory retention, both are crucial for academic success. Practices like yoga can increase gray matter in the brain, particularly in areas related to learning and memory, and make it easier for students to absorb and recall information. By fostering mental clarity and reducing distractions, these practices can lead to increased productivity in studying and other tasks. Taking into consideration the enormous benefits of Yoga and meditation we offer a skill based short term course on 'Yoga and Meditation'.

COURSE OUTCOMES (CO):

After successfully completing this course, students will able to,

CO-1: Know eight paths of Yoga to achieve harmony in body and mind.

CO-2: Understand benefits of Suryanamaskar and Perform Suryanamaskar.

CO-2: Aware about effect of yogic exercises on various systems on human body.

CO-3: Perform and practice yogic postures skillfully.

CO-4: Perform and practice Pranayama.

CO-5: Explain meaning and concept of meditation

CO-6: Understand the benefits of Meditation

CO-7: Prepare their personal Yoga programme.



Name of the course: Certificate Course in Yoga and Meditation

Eligibility: 10 +2 Any Stream

Duration: 30 Hours (02 Credits)

Medium: Marathi

Admission Criterion: First cum First Serve

Lecture / Practical Timing: Three Days in a week (Tuesday, Thursday and Saturday)

Assessment: At the end of the course, examination will be conducted and certificates are issued to the participants who qualify the passing criterion.

Examination Pattern:

- **Theory:** 20 Marks (External)
- **Practical and Viva-voce:** 30 marks (Internal)


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




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Syllabus

Total Credits	02
Total Hours	30
Theory YM -01	15
Practical's YM-02	15

Detailed Syllabus

THEORY SYLLABUS: (YM-01) (15 Hrs)

Sr. No.	Name of the Topic	Theory Periods (YM-01)
01	Introduction to Yoga 1.1 Meaning and Origin of Yoga 1.2 Importance of Yoga in Human life 1.3 Eight paths of Yoga (<i>Ashtanga marg</i> of yoga) 1.4 Kinds of Yoga, Misconceptions about yoga. 1.5 <i>Surya namaskar</i> -Benefits of <i>Surya namaskar</i>	04
02	Effect of Yoga on various systems of human body. 2.1 Muscular System, 2.2 Skeletal system, 2.3 Nervous system, 2.4 Respiratory system, 2.5 Circulatory system	05
03	Yogasanas 3.1 Rules of <i>Asanas</i> - <i>Do's and Don'ts</i> 3.2 Types of <i>Yogasanas</i> 3.3 <i>Asanas</i> in sitting pose, standing pose and lying pose 3.4 Frequency, intensity and duration 3.5 Basics of <i>Yogasana</i> and breathing pattern.	03
04	Pranayama and Meditation 4.1 Meaning and concept 4.2 Types of <i>Pranayamas</i> . 4.3 Frequency, intensity and duration 4.4 <i>Dharana and Dhyan (Meditation): Meaning and Benefits</i> 4.5 Techniques of Meditation	03



PRACTICAL SYLLABUS: (YM- 02) (15 Hrs.)

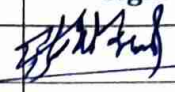
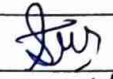
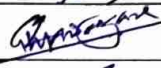
Sr. No.	Aim of the Practical	Practical Periods (YM-02)
01	Preparation before performing <i>Asanas</i> and <i>Pranayama</i>	02
02	<i>Yogasanas:</i> <i>Padmasana, Virasana, Vajrasana, Marichyasana, Baddhakonasana, Suptavajrasana, Suptabaddhakonasana, Dandasana, Parshvakonasana, paschimottanasana, Utthit-paschimottanasana, tadasana, Vrukshasana, Garudasana, Shalabhasana, Parvatasana, Trikonasana, Uthhit Trikonasana, Ardha chakrasana, Virbhadrasana, Dhanurasana, Noukasana, Ushtrasana, Halasana, Sarvangasana, Shirshasana, Makarasana, Adhomukhswanasana, Chakrasana, Shavasana, Bhujangasana, Setubandhasana, Padangustasana.</i>	05
03	<i>Suryanamaskara</i>	04
04	<i>Pranayama and Meditation</i>	04

REFERENCE BOOKS:

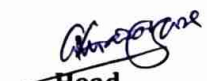
1. B. K. S. Iyengar (2006).Yog Dipika, Orient Longman Ltd., Mumbai.
2. B. K. S. Iyengar (2005). Arogya Yoga. Rohan Prakashan, Pune.
3. Geeta Iyengar (2008). Yoga: A Gem for Women, Allied Publishers Pvt. Ltd., Mumbai.
4. Gore, M. M. (2003), Sharir Vidnyan Ani Yogabhyas, Kanchan Prakashan, Lonawala, Pune.
5. B. K. S. Iyengar (2004). YogaChandan, Yog Prakashan, Pune.
6. B. K. S. Iyengar (2005). Light on Yoga, Harper Collins, India.



BOARD OF STUDIES (BOS)

Sr. No.	Name	Designation	Sign.
01	Prof. (Dr.) D. R. Bhosale	I/C. Principal	
02	Dr. U. S. Shelke	IQAC Co-ordinator	
03	Dr. G. M. Lawangare	Head, Dept. of Physical Education	
04	Dr. S. A. Kharade	External Expert (University)	
05	Smt. S. R. Majagaonkar	External Expert (College)	
06	Dr. G. M. Lawangare	Course Coordinator	
07	Dr. V. P. Nangare	Member	


Course Coordinator
Yoga & Meditation


Head
Department of Physical
Education


T/C PRINCIPAL
Rajawade Chh. Shahu College,
KOLHAPUR





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 20/12/2025

All the students are hereby informed that, a skill based short term course on 'Yoga and Meditation' is being started from 1st Jan. 2026. Students who want to take admission for the said course should register their names to Smt. S. R. Majagaonkar by 24th Dec. 2025.

Duration of the Course: 3 Months (Thrice in a week)

Course Fees: Rs. 300/-



Smt. S. 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

List of Enrolled Students (2025-26)

Sr. No.	Name of the Students	Sig.
1	Hawaldar Piyush Sachin	
2	Netale Krushna Jatin	
3	Kemble Sanika Shrimant	S.S. kemble
4	Kemble Prachi Shrimant	<u>P.s. kemble</u>
5	Badame Pandit Shripal	

Dr. G. M. Lawangare

Course Coordinator
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



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Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education

Skill Based Course

Yoga and Meditation

List of Enrolled Students (2025-26)

Sr. No.	Name of the Students	Class	Fee	Receipt No.	Sign.
1	Hawaldar Piyush Sachin	B. A.-II	300.00	9416	
2	Netale Krushna Jatin	B. A.-II	300.00	9417	
3	Kemble Sanika Shrimant	B. A.-II	300.00	9418	S.S. kemble
4	Kemble Prachi Shrimant	B. A.-II	300.00	9419	<u>P. S. kemble</u>
5	Badame Pandit Shripal	B. A.-II	300.00	9420	
Total			1500.00		

Dr. G. M. Lawangare

**Course Coordinator
Head**

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



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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 (2025-26)

Particulars (Receipts)	Amount (in Rs.)	Particulars (Payments)	Amount (in Rs.)
<u>By Fees of 05 Students</u>	1500.00	<u>GST (18%)</u>	270.00
(No. of students enrolled: 05 Fees per student: Rs. 300.00)		Certificate Printing	75.00
		<u>Remuneration of teachers</u>	
		Ms. S. R. Majagaonkar	417.00
		Total (Remuneration +GST+ Certificate printing)	762.00
		Balance to College	738.00
Total	1500.00	Total	1500.00


Dr. G. M. Lawangare

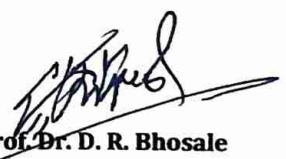
Course Co-ordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.


Dr. D. S. Kumbhar

In-charge, Short term course


Prof. Dr. D. R. Bhosale

I/C Principal, RCSC, KOP.
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R.C. SHAHU COLLEGE
KOLHAPUR





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

**Department of Physical Education
Notice**

Date: 29/12/2025

A skill based short term course on 'Yoga and Meditation' conducted by the Department of Physical Education is starting from 1st Jan. 2026. All the students who have enrolled for this course are hereby informed that, they should remain present at Department of Physical Education on 1st Jan. 2026 at sharp 7.00 am.

The time table of the course is as follows;

Sr. No.	Day	Time	Theory/Practical
1	Tuesday	7.00 to 8.00 am	Practical
2	Thursday	7.00 to 8.00 am	Practical / Theory
4	Saturday	12.00 to 1.00 pm	Theory




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

Academic Year (2025-26)

Teaching Plan



Day	Date	Content	Theory/ Practical	Name of the trainer/ teacher
1	01/01/2026	Meaning and Origin of Yoga Importance of Yoga in Human life	Theory	Dr. G. M. Lawangare
2	03/01/2026	Eight paths of Yoga (<i>Ashtanga marg</i> of yoga)	Theory	Ms. S. R. Majagaonkar
3	06/01/2026	Eight paths of Yoga (<i>Ashtanga marg</i> of yoga)	Theory	Ms. S. R. Majagaonkar
4	08/01/2026	Preparatory exercises before performing <i>Asanas</i> and <i>Pranayama</i>	Practical	Ms. S. R. Majagaonkar
5	10/01/2026	Kinds of Yoga, Misconceptions about yoga, <i>Surya namaskar</i> -Benefits of <i>Surya namaskar</i>	Theory	Ms. S. R. Majagaonkar
6	13/01/2026	Preparatory exercises before performing <i>Asanas</i> and <i>Pranayama</i>	Practical	Ms. S. R. Majagaonkar
7	17/01/2026	Effect of Yoga on Muscular System	Theory	Ms. S. R. Majagaonkar
8	20/01/2026	<i>Padmasana, Virasana, Vajrasana, Marichyasana, Baddhakonasana, Suptavajrasana, Suptabaddhakonasana, Dandasana, Parshvakonasana, Paschimottanasana,</i>	Practical	Ms. S. R. Majagaonkar
9	22/01/2026	Practice of <i>Asanas</i>	Practical	Ms. S. R. Majagaonkar
10	24/01/2026	Effect of Yoga on Skeletal system	Theory	Ms. S. R. Majagaonkar
11	27/01/2026	Effect of Yoga on Nervous system	Theory	Ms. S. R. Majagaonkar
12	29/01/2026	Effect of Yoga on Respiratory system	Theory	Ms. S. R. Majagaonkar
13	31/01/2026	Effect of Yoga on Circulatory system	Theory	Ms. S. R. Majagaonkar
14	03/02/2026	<i>Utthit-paschimottanasana, Tadasana, Vrukshasana, Garudasana, Shalabhasana, Parvatasana, Trikonasana, Uthhit Trikonasana, Ardha chakrasana, Virbhadrasana, Dhanurasana, Noukasana, Ushtrasana,</i>	Practical	Ms. S. R. Majagaonkar



Day	Date	Content	Theory/ Practical	Name of the trainer/ teacher
15	05/02/2026	Practice of Asanas	Practical	Ms. S. R. Majagaonkar
16	07/02/2026	Rules of Asanas- Do's and Don'ts Basics of Yogasana and breathing pattern.	Theory	Dr. G. M. Lawangare
17	10/02/2026	Halasana, Sarvangasana, Shirshasana, Makarasana, Adhomukhswanasana, Chakrasana, Shavasana, Bhujangasana, Setubandhasana, Padangustasana	Practical	Ms. S. R. Majagaonkar
18	12/02/2026	Suryanamaskara	Practical	Ms. S. R. Majagaonkar
19	14/02/2026	Types of Yogasanas Asanas in sitting pose, standing pose and lying pose	Theory	Ms. S. R. Majagaonkar
20	17/02/2026	Suryanamaskara	Practical	Ms. S. R. Majagaonkar
21	21/02/2026	Designing Yogasana program: Frequency, intensity and duration	Theory	Ms. S. R. Majagaonkar
22	24/02/2026	Suryanamaskara (Practice)	Practical	Ms. S. R. Majagaonkar
23	26/02/2026	Suryanamaskara and Yogasana (Practice)	Practical	Ms. S. R. Majagaonkar
24	28/02/2026	Meaning and types of Pranayamas, Preparatory phase of Pranayama, Do's and Don'ts of Pranayama	Theory	Dr. G. M. Lawangare
25	05/03/2026	Pranayamas: Anulom Vilom, Ujjayi, Bhastrika	Practical	Dr. G. M. Lawangare
26	07/03/2026	Designing Pranayama program: Frequency, intensity and duration	Theory	Dr. G. M. Lawangare
27	10/03/2026	Pranayamas: Kapalbhathi, Shitali, Shitkari, Bramari	Practical	Dr. G. M. Lawangare
28	12/03/2026	Practice of Pranayamas and Meditation	Practical	Ms. S. R. Majagaonkar
29	14/03/2026	Dharana and Dhyan (Meditation): Meaning and Benefits Techniques of Meditation	Theory	Dr. G. M. Lawangare
30	24/03/2026	Practice of Pranayamas and Meditation	Practical	Ms. S. R. Majagaonkar


Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




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KOLHAPUR



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Skill Based Course

Yoga and Meditation

Academic Year (2025-26)

Time-Table

Sr. No.	Day	Time	Theory/Practical
1	Tuesday	7.00 to 8.00 am	Practical
2	Thursday	7.00 to 8.00 am	Practical / Theory
4	Saturday	12.00 to 1.00 pm	Theory

Distribution of 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
Dr. G. M. Lawangare

**Course Coordinator
Head**

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



[Signature]
**I/C PRINCIPAL
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KOLHAPUR**



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

Yoga and Meditation

Attendance Sheet (2025-26)

Sr. No.	Name of the Students	01/10/26	03/10/26	06/10/26	08/10/26	10/10/26	13/10/26	17/10/26	20/10/26	22/10/26	24/10/26
1	Hawaladar Piyush Sachin	PS	PS	PS	PS	PS	A	PS	PS	PS	PS
2	Netale Krushna Jatin	PS	PS	A	PS	PS	PS	PS	PS	PS	PS
3	Kemble Sanika Shrimant	S.S. kemble	S.S. kemble	S.S. kemble	S.S. kemble	S.S. kemble	S.S. kemble	S.S. kemble	S.S. kemble	S.S. kemble	S.S. kemble
4	Kemble Prachi Shrimant	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS
5	Badame Pandit Shripal	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS

Name & Signature of Teacher: Dr. G.M. Lawangare
 Smt. S.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 (2025-26)

Sr. No.	Name of the Students	27/01/26	29/01/26	31/01/26	03/02/26	05/02/26	07/02/26	10/02/26	12/02/26	14/02/26	17/02/26
1	Hawaladar Piyush Sachin	PS	PS	A	PS	PS	PS	PS	PS	PS	PS
2	Netale Krushna Jatin	PS	PS	PS	PS	A	PS	PS	PS	PS	PS
3	Kemble Sanika Shrimant	S.S. Kemble	S.S. Kemble	S.S. Kemble	S.S. Kemble	A	S.S. Kemble	S.S. Kemble	S.S. Kemble	S.S. Kemble	S.S. Kemble
4	Kemble Prachi Shrimant	S.S. Kemble	S.S. Kemble	S.S. Kemble	S.S. Kemble	A	S.S. Kemble	S.S. Kemble	S.S. Kemble	A	S.S. Kemble
5	Badame Pandit Shripal	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS

Name & Signature of Teacher: Dr. G. M. Lawangare
 Smt. S.R. Majagaonkar



Signature
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 (2025-26)

Sr. No.	Name of the Students	21/02/26	24/02/26	26/02/26	28/02/26	05/03/26	07/03/26	10/03/26	12/03/26	14/03/26	24/03/26
1	Hawaladar Piyush Sachin	PS	PS	A	PS	PS	PS	A	PS	PS	PS
2	Netale Krushna Jatin	PS	Kembla	Kembla	Kembla	Kembla	Kembla	Kembla	Kembla	Kembla	Kembla
3	Kembla Sanika Shrimant	S.S.Kembla	S.S.Kembla	S.S.Kembla	S.S.Kembla	S.S.Kembla	S.S.Kembla	S.S.Kembla	S.S.Kembla	S.S.Kembla	S.S.Kembla
4	Kembla Prachi Shrimant	P.S.Kembla	A	P.S.Kembla	P.S.Kembla	P.S.Kembla	P.S.Kembla	P.S.Kembla	P.S.Kembla	P.S.Kembla	P.S.Kembla
5	Badame Pandit Shripal	Relax	Relax	Relax	Relax	Relax	Relax	Relax	Relax	Relax	Relax

Name & Signature of Teacher: Dr. G. M. Lawangare

Smt. S.R. Majagaonkar

Head

Department of Physical Education
 Rajarshi Chhatrapati Shahu College, Kolhapur.



Principal
 R.C. SHAHU COLLEGE
 KOLHAPUR



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 24/03/2026

Students of the short term course on 'Yoga and Meditation' is informed that, the theory and practical examination will be held as per timetable given below. All the students should remain present for the exam.

Date	Time	Exam.	Venue
29/03/2026	7.30 to 9.30 am	Practical	Gymkhana Hall
29/03/2026	11.00 am to 12.00 noon	Theory	Department of Physical Education



Chhatrapati
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 of Written and Practical Examination (2025-26)

Date: 29/03/2026

Sr. No.	Name of the Students	Sign.
1	Hawaldar Piyush Sachin	
2	Netale Krushna Jatin	
3	Kemble Sanika Shrimant	S.S. kemble
4	Kemble Prachi Shrimant	P.s. kemble
5	Badame Pandit Shripal	

Dr. G. M. Lawangare

Course Coordinator
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



I/C PRINCIPAL
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KOLHAPUR

Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Skill Based Course in Yoga and Meditation (2025-26)
Examination-April.-2026

Day and Date: Sunday, 29/03/2026

Time: 30 min.

Total Marks: 20

Marks Obtained:

Name of the Student: _____

प्रश्न १. योग्य पर्याय निवडा.

(०५)

१. योगामध्ये सुस्थितीत बसणे म्हणजे काय?

अ) प्राणायाम

ब) ध्यान

क) आसन

ड) यम

२. अष्टांग योगाची शेवटची पायरी कोणती आहे?

अ) यम

ब) समाधी

क) नियम

ड) प्राणायाम

३. ----- म्हणजे श्वास घेणे.

अ) पूरक

ब) रेचक

क) कुंभक

ड) विलोम

४. खालीलपैकी ----- ही मुद्रा नाही.

अ) सिंह

ब) खेचरी

क) शांभवी

ड) जालंधर

५. चित्त वृत्तींचा निरोध म्हणजे ---- होय.

अ) ध्यान

ब) साधना

क) योग

ड) समाधी

प्रश्न २. योग्य जोड्या जुळवा

(०५)

अ गट	उत्तरे	ब गट
१. शवासन		अ. फुफ्फुसांचे आरोग्य सुधारते
२. प्राणायाम		आ. पाठीच्या मणक्यांची व स्नायूंची लवचिकता वाढविते
३. विपरीत करणी		इ. समतोल सुधारतो
४. चक्रासन		ई. रक्तदाब कमी होण्यास मदत
५. वृक्षासन		उ. मेंदूला रक्तपुरवठा वाढविण्यास मदत

प्रश्न ३. एका वाक्यात उत्तरे लिहा.

(०५)

१. उभ्या स्थितीतील कोणत्याही आसनांची नावे लिहा.



२. सूर्यनमस्कारातील कोणत्याही दोन आसनांची नावे लिहा.

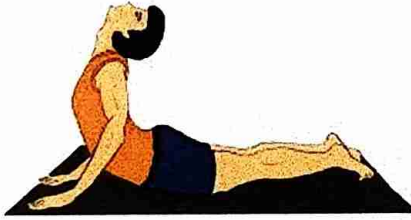
३. योग म्हणजे काय ?

४. अष्टांग मार्गातील आठ अंगे कोणती ?

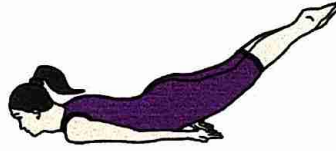
५. श्वसनसंस्थेतील अवयवांची नावे लिहा.

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

(०५)



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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 (2025-26)

Result Sheet



Sr. No.	Name of the Students	Theory (20)	Practical (30)	Total (50)	Grade
1.	Hawaldar Piyush Sachin	18	28	46	D
2.	Netale Krushna Jatin	15	28	46	D
3.	Kemble Sanika Shrimant	20	25	45	D
4.	Kemble Prachi Shrimant	20	24	44	A+
5.	Badame Pandit Shripal	18	26	44	A+


Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




I/C PRINCIPAL
R.C. 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. _____

Class _____ 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 2025-26.



Dr. G. M. Lawangare
Course Coordinator
Yoga & Meditation

Dr. D. S. Kumbhar
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

Yoga and Meditation

Certificate Distribution List (2025-26)

Sr. No.	Name of the Students	Sig.
1	Hawaladar Piyush Sachin	
2	Netale Krushna Jatin	
3	Kemble Sanika Shrimant	S.S. kemble
4	Kemble Prachi Shrimant	<u>P. S. kemble</u>
5	Badame Pandit Shripal	

Dr. G. M. Lawangare

**Course Coordinator
Head**

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



H.C. PRINCIPAL
R.C. SHAHU COLLEGE
KOLHAPUR



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

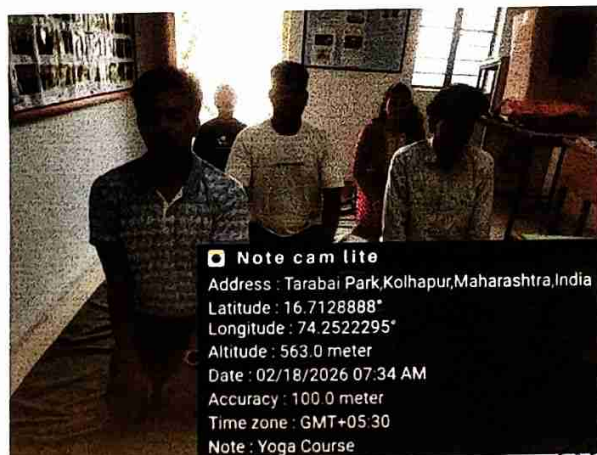
Skill Based Course in Yoga and Meditation

Academic Year (2025-26)

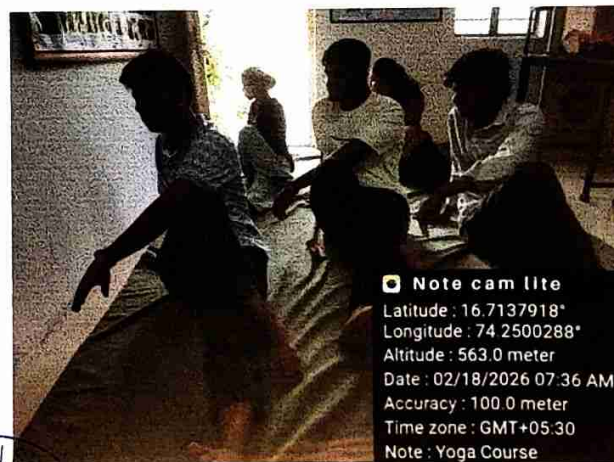
Report

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 (30 hours). The course is self-aided. In the academic year 2025-26 course was started on 1st Jan. 2026. There were 05 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 Vajrasana

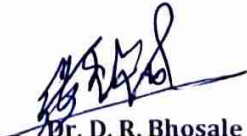


Students performing Ardha Machhindrasana




Dr. G. M. Lawangare
Course Co-ordinator
Yoga and Meditation


Dr. D. S. Kumbhar
Co-ordinator
Short Term Course Committee


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 Short Term Course on
YOGA AND MEDITATION
Academic Year (2025-26)

FEEDBACK FORM

Name of the Student: -----

College: ----- Class: -----

Contact No.: ----- E-mail ID: -----

This survey enables you to provide feedback on the value and outcomes of the course you have just completed. Please indicate your rating of each aspect of the course from 5 to 1.

5: Excellent, 4: Very good, 3: good, 2: Satisfactory, 1: Needs to improve

Sr. No.	Aspects of the event	5	4	3	2	1
1.	Content of the course					
2.	Quality of information given by teachers					
3.	Presentations given by teachers					
4.	Practical sessions and demonstrations					
5.	Relevance of the course content to me					
6.	Quality of study material and notes provided					
7.	Assessment method					
8.	Communication and interaction of teachers with students					
9.	Overall satisfaction of the course					

Any suggestions -----



Signature of Student

---THANK YOU FOR YOUR FEEDBACK---