

Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Certificate Course

in

Yoga and Meditation



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Certificate Course in Yoga and Meditation

Report of the Course

To prepare students physically and mentally sound and to teach students life skills Department of Physical Education has started Skill based certificate course in Yoga and Meditation. 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). The course was started in March, 2022. There were 24 first and second year students of Arts faculty has successfully completed the course. After completion of the course, theory and practical examination was conducted. The certificates of the course were distributed by the auspicious hands Hon^{ble} I/C Prin. Dr. V. V. Killedar on occasion of 8th International Yoga Day on 21st June, 2022.

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 provided guidance for designing the outline and construction of syllabus of the said course as a external expert member of Board of studies.

I am thankful to Hon. Principal Prof. (Dr.) V. V. Killedar and Hon. Vice-Pincipal Dr. K. V. Gaikwad, Dr. Mamata Kannade, (Co-ordinator, Skill development courses), Prof. Dr. B. S. Punatambekar (Arts Faculty Head), Dr. S. S. Lavekar (Chairman, Criteria-I) for their motivation and guidance for successful conduction of the course.

Mr. G. M. Lawangare

Course Co-ordinator

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.

Photo Gallery



Mr. G. M. Lawangare
Mr. G. M. Lawangare
Course Co-ordinator
Head
Department of Physical Education
Rajawshi Chhatrapati Shahu College, Kolhapur.



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Certificate Course in Yoga and Meditation
Course Outline

Aims of the Course:

- To prepare students physically and mentally sound.
- To achieve all-round personality development of students.
- To teach students life skills through Yoga.

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,

- 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.

Duration: 3 months (Daily 1 hr.), (40 Hours)

Intake capacity of each batch: 20

No. of batches: 01

Eligibility Criteria: - 10 +2 or its equivalent exam.

Course Coordinator: Mr. Ganesh M. Lawangare





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Certificate Course in Yoga and Meditation

Syllabus

Course includes theory and practical. More weightage is given to practical.

Note: Figures at the right side shows no. of periods per unit

• Theory

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, endocrine system, respiratory system, circulatory system and endocrine 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)

- 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*



- *Pranayama: Anulom- Vilom, Ujjayi, Shitali, Shitkari, Kapalbhati, Bhramary, Bhstrika*
- *Shddhi Kriya: Jaldhouti and Vastradhouti, Vaman*
- *Meditation*

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.



[Signature]
Course Coordinator
Head

Department of Physical Education
 Rajawade Chhatrapati Shahu College, Kolhapur



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Certificate Course in Yoga and Meditation

Assessment and Evaluation

- **Theory** (25)
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 the names of posture given in picture (5 marks)
- **Practical:** (50)
Demonstration of 4 Asanas (5 marks for each Asana)
Demonstration of any 2 types of Pranayamas (5 marks for each Pranayamas)
Demonstration of Surya namaskar (10 marks)
Demonstration of one Kriya (10 marks)
- **Assignments:** (25)
Effect of Yoga on various systems of human body.
Surya Namaskar and Yogasana- A Picture book.
Benefits of Surya namaskar.
Benefits of Pranayama and its procedure.

- **Grades:**

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)




Course Coordinator

Head

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Department of Physical Education



Certificate Course in Yoga and Meditation
Time schedule (2021 -22)

Day	Date	Content	Theory/ Practical	Name of the trainer/ teacher
1	07/3/2022	Yoga: Meaning, concept and origin	Theory	Ms. S. R. Majagaonkar
2	08/3/2022	Eight paths of Yoga (<i>Ashtangamarg</i> of yoga)- <i>Yama, Niyam</i>	Theory	Ms. S. R. Majagaonkar
3	11/3/2022	Eight paths of Yoga- <i>Asana, Pranayam</i>	Theory	Ms. S. R. Majagaonkar
4	12/3/2022	Eight paths of Yoga- <i>Pratyahar, Dharana</i>	Theory	Ms. S. R. Majagaonkar
5	14/3/2022	Eight paths of Yoga- <i>Dhyan, Samadhi</i>	Theory	Ms. S. R. Majagaonkar
6	15/3/2022	Kinds of Yoga - Raj Yoga, Hath Yoga	Theory	Ms. S. R. Majagaonkar
7	19/3/2022	Effect of Yoga on Muscular System and Skeletal system	Theory	Ms. S. R. Majagaonkar
8	21/3/2022	Effect of Yoga on Nervous system and respiratory system	Theory	Ms. S. R. Majagaonkar
9	22/3/2022	Effect of Yoga on circulatory system, digestive system and endocrine system	Theory	Ms. S. R. Majagaonkar
10	25/3/2022	<i>Suryanamaskar</i> - Concept, benefits, <i>asanas</i>	Theory	Ms. S. R. Majagaonkar
11	26/3/2022	Preparatory exercises before performing <i>Asanas</i> and <i>Pranayama</i>	Practical	Ms. S. R. Majagaonkar
12	28/3/2022	<i>Suryanamaskar</i>	Practical	Ms. S. R. Majagaonkar
13	29/3/2022	<i>Suryanamaskar</i>	Practical	Ms. S. R. Majagaonkar
14	01/4/2022	<i>Yogasanas</i> : Do's and Don'ts	Theory	Ms. S. R. Majagaonkar
15	04/4/2022	Types of <i>Yogasanas</i> : Types according to posture and benefits	Theory	Ms. S. R. Majagaonkar
16	05/4/2022	Benefits of <i>asanas</i> in sitting, standing and lying position	Theory	Ms. S. R. Majagaonkar
17	08/04/2022	Designing <i>Yogasana</i> program: Frequency, intensity and duration	Theory	Ms. S. R. Majagaonkar
18	09/04/2022	Basics of <i>Yogasana</i> and breathing pattern	Theory	Ms. S. R. Majagaonkar
19	11/4/2022	<i>Padmasana, Virasana, Vajrasana</i>	Practical	Ms. S. R. Majagaonkar
20	12/4/2022	<i>Marichyasana, Baddhakonasana, Dandasana, Parshvakonasana, paschimottanasana,</i>	Practical	Ms. S. R. Majagaonkar

Day	Date	Content	Theory/ Practical	Name of the trainer/ teacher
21	18/4/2022	Tadasana, Vrukshasana, Garudasana, Utthitpaschimottanasana	Practical	Ms. S. R. Majagaonkar
22	19/04/2022	Shalabhasana, Parvatasana, Trikonasana, UthhitTrikonasana,	Practical	Ms. S. R. Majagaonkar
23	22/4/2022	Ardhachakrasana, Virbhadradasana, Dhanurasana,	Practical	Ms. S. R. Majagaonkar
24	23/04/2022	Noukasana, Ushtrasana, Halasana, Sarvangasana	Practical	Ms. S. R. Majagaonkar
25	25/4/2022	Halasana, Sarvangasana, Shirshasana,	Practical	Ms. S. R. Majagaonkar
26	26/4/2022	Shavasana, Bhujangasana, Setubandhasana, Padangustasana.	Practical	Ms. S. R. Majagaonkar
27	29/4/2022	Makarasana, Adhomukhswanasana, Chakrasana	Practical	Ms. S. R. Majagaonkar
28	30/4/2022	Meaning and types of Pranayamas, Preparatory phase of Pranayama, Do's and Don'ts of Pranayama	Theory	Ms. S. R. Majagaonkar
29	07/05/2022	Pranayamas: Anulom Vilom, Ujjayi,	Practical	Ms. S. R. Majagaonkar
30	09/05/2022	Pranayamas: Kapalbhathi, Shitali, Shitkari	Practical	Ms. S. R. Majagaonkar
31	10/05/2022	Pranayamas: Bhastrika, Bramari	Practical	Ms. S. R. Majagaonkar
32	13/05/2022	Designing Pranayama program: Frequency, intensity and duration	Theory	Ms. S. R. Majagaonkar
33	14/05/2022	Bandhas	Theory	Mr. G. M. Lawangare
34	17/5/2022	Mudras	Theory	Mr. G. M. Lawangare
35	20/5/2022	Mudras	Practical	Mr. G. M. Lawangare
36	21/5/2022	ShuddhiKriya	Theory	Mr. G. M. Lawangare
37	23/5/2022	ShddhiKriya: Jaldhuti	Practical	Mr. G. M. Lawangare
38	24/5/2022	ShddhiKriya: Vastradhuti	Practical	Mr. G. M. Lawangare
39	27/05/2022	ShddhiKriya: Vastradhuti, Vaman	Practical	Mr. G. M. Lawangare
40	28/5/2022	ShddhiKriya: Vaman	Practical	Mr. G. M. Lawangare

Course Co-ordinator
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



Certificate Course in Yoga and Meditation
Distribution of teaching (practical) session (2021-22)

Session	Duration
Warming up session	08 min
Main workout	35 min.
(Practice of Previously taught Asanas)	(05 min)
(Demonstration and practice of Asanas)	(30 min)
Cooling down	07 min
Meditation &Pranayamas	10 min


Head

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Notice

Date: 22/01/2022

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 short term course should give their names to Smt. Savita Majagaonkar by 25th January 2022.

Duration of the Course: 3 Months

Course Fees: Rs. 300/-




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Rajarshi Chhatrapati Shahu College
Department of Physical Education



Notice

Date: 03/03/2022

A skill based short term course on 'Yoga and Meditation' conducted by the Department of Physical Education is starting from 7th March 2022. All the students who have enrolled for this course are hereby informed that, they should remain present at Department of Physical Education on 7th March 2022 at sharp 7.00 am.




Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.

Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
 Department of Physical Education
 Certificate Course in Yoga and Meditation
 Attendance Sheet (2021-22)

Sr. No.	Name of the Student	7/3/22	8/3/22	11/3/22	12/3/22	14/8/22	15/3/22	19/3/22	21/3/22	22/3/22	25/3/22
1	Mullani Subiya Rahimkhan	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya
2	Raybole Poonam Umesh	PC	PC	PC	PC	PC	PC	PC	PC	PC	PC
3	Bhandare Aishwarya Rajendra	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare
4	Sardar Balvirsing Mohan	Sardar	Ab	Sardar	Sardar	Sardar	Sardar	Sardar	Sardar	Sardar	Sardar
5	Awale Sourabh Datta	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh	Saurabh
6	Lambore Chandrakant Sadashiv	C	C	C	C	C	Ab	C	C	C	C
7	Kambale Chandramani Shashikant	K	K	K	K	K	Ab	K	K	K	K
8	Kambale Sharvari Babaso	K	Ab	K	K	K	K	K	K	K	K
9	Patil Siddhesh Dipak	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
10	Mane Atharv Sardar	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Ab	Atharv	Atharv
11	Patil Digambar Shivaji	DSP.	DSP.	DSP.	DSP.	DSP.	DSP.	DSP.	DSP.	DSP.	Ab



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Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education
Certificate Course in Yoga and Meditation

Attendance Sheet (2021-22)

Sr. No.	Name of the Student	7/3/22	8/3/22	11/3/22	12/3/22	14/3/22	15/3/22	19/3/22	21/3/22	22/3/22	23/3/22
12	Mahadik Viraj Sunil	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik
13	Patil Raturaj Pratap	Epatil	Epatil	Epatil	Epatil	Epatil	Epatil	Epatil	Epatil	Epatil	Ab
14	Kodnaik Chandrakant	Cokodnaik	Cokodnaik	Cokodnaik	Cokodnaik	Cokodnaik	Cokodnaik	Cokodnaik	Cokodnaik	Cokodnaik	Cokodnaik
15	Pawar Tanaji Sidram	T.S.Pawar	Ab	T.S.Pawar	T.S.Pawar	T.S.Pawar	T.S.Pawar	T.S.Pawar	T.S.Pawar	T.S.Pawar	T.S.Pawar
16	Pawar Suyash Ananda	Spawar	Spawar	Spawar	Spawar	Spawar	Spawar	Spawar	Spawar	Spawar	Spawar
17	Pawar Ajay Baban	A.B.Pawar	A.B.Pawar	A.B.Pawar	A.B.Pawar	A.B.Pawar	A.B.Pawar	A.B.Pawar	A.B.Pawar	A.B.Pawar	Ab
18	Kadalage Rurtuja	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage
19	Basavraj	Basavraj	Basavraj	Basavraj	Basavraj	Basavraj	Basavraj	Basavraj	Basavraj	Basavraj	Basavraj
20	Edake Vaibhav Sunil	Edake	Edake	Edake	Edake	Edake	Edake	Edake	Edake	Edake	Edake
21	Salunkhe Rohit Tukaram	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit
22	Patil Ritesh Anandrao	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
23	Shaikh Asif Abu	Aashaike	Aashaike	Aashaike	Aashaike	Aashaike	Aashaike	Aashaike	Aashaike	Aashaike	Aashaike
24	Patil Sanjit Baburao	SPP	SPP	SPP	SPP	SPP	SPP	SPP	SPP	SPP	SPP
	Salavi Prathamesh	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi
	Prabhakar	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi

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




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

Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
 Department of Physical Education
 Certificate Course in Yoga and Meditation
 Attendance Sheet (2021-22)

Sr. No.	Name of the Student	26/9/22	28/9/22	29/9/22	01/10/22	4/10/22	5/10/22	8/10/22	9/10/22	11/10/22	12/10/22
1	Mullani Subiya Rahimkhan	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Subiya	Ab
2	Raybole Poonam Umesh	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr
3	Bhandare Aishwarya Rajendra	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Ab	Bhandare	Bhandare	Bhandare	Bhandare
4	Sardar Balvirsing Mohan	Sp21/22	Sp20/22	Sp21/22	Sp21/22	Sp21/22	Sp21/22	Sp21/22	Ab	Sp21/22	Sp21/22
5	Awale Sourabh Datta	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Ab	Sourabh	Sourabh	Sourabh	Sourabh
6	Lambore Chandrakant Sadashiv	CS	CS	CS	CS	CS	CS	CS	CS	CS	CS
7	Kambale Chandramani Shashikant	CS	CS	CS	CS	CS	CS	CS	CS	CS	CS
8	Kambale Sharvari Babaso	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr	Pr
9	Patil Siddhesh Dipak	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
10	Mane Atharv Sardar	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Ab	Atharv
11	Patil Digambar Shivaji	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP



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Department of Physical Education
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Sr. No.	Name of the Student	26/3/22	28/3/22	29/3/22	01/4/22	5/4/22	8/4/22	9/4/22	11/4/22	12/4/22
12	Mahadik Viraj Sumil	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik
13	Patil Raturaj Pratap	Epatali	Epatali	Epatali	Epatali	Epatali	Ab	Epatali	Epatali	Epatali
14	Kodnaik Chandrakant	Cetodhnik	Cetodhnik	Cetodhnik	Cetodhnik	Cetodhnik	Cetodhnik	Cetodhnik	Cetodhnik	Cetodhnik
15	Pawar Tanaji Sidram	T.S.Pawar	T.S.Pawar	T.S.Pawar	T.S.Pawar	T.S.Pawar	Ab	T.S.Pawar	T.S.Pawar	T.S.Pawar
16	Pawar Suyash Ananda	Sipawar	Sipawar	Sipawar	Sipawar	Sipawar	Sipawar	Sipawar	Sipawar	Sipawar
17	Pawar Ajay Baban	A-B-Pawar	A-B-Pawar	A-B-Pawar	A-B-Pawar	A-B-Pawar	A-B-Pawar	A-B-Pawar	A-B-Pawar	A-B-Pawar
18	Kadalage Rutuja Basavraj	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Ab	Kadalage	Kadalage	Kadalage
19	Edake Vaibhav Sumil	V.S.Edake	V.S.Edake	V.S.Edake	V.S.Edake	V.S.Edake	Ab	V.S.Edake	V.S.Edake	V.S.Edake
20	Salunkhe Rohit Tukaram	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit
21	Patil Ritesh Anandrao	Ratil.	Ratil.	Ratil.	Ratil.	Ratil.	Ratil.	Ratil.	Ratil.	Ratil.
22	Shaikh Asif Abu	AASHAIKH	AASHAIKH	AASHAIKH	AASHAIKH	AASHAIKH	Ab	AASHAIKH	AASHAIKH	Ab
23	Patil Sanjit Baburao	SP.P	SP.P	SP.P	SP.P	SP.P	SP.P	SP.P	SP.P	SP.P
	Salavi Prathamesh									
24	Prabhakar	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi	P.Salavi

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
 Certificate Course in Yoga and Meditation
 Attendance Sheet (2021-22)

Sr. No.	Name of the Student	18/10/22	19/10/22	22/10/22	23/10/22	25/10/22	26/10/22	29/10/22	30/10/22	31/10/22	9/11/22
1	Mullani Subiya Rahimkhan	Suboyg	Suboyg	Suboyg	Suboyg	Suboyg	Suboyg	Suboyg	Suboyg	Suboyg	Suboyg
2	Raybole Poonam Umesh	Pon	Pon	Ab	Ab	Pon	Pon	Pon	Pon	Pon	Pon
3	Bhandare Aishwarya Rajendra	Bhandare	Ab	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Ab
4	Sardar Balvirsing Mohan	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab
5	Awale Sourabh Datta	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh
6	Lambore Chandrakant Sadashiv	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab
7	Kambale Chandramani Shashikant	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab
8	Kambale Sharvari Babaso	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab
9	Patil Siddhesh Dipak	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
10	Mane Atharv Sardar	Atharv	Ab	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv
11	Patil Digambar Shivaji	Dsp	Dsp	Dsp	Dsp	Dsp	Dsp	Dsp	Dsp	Dsp	Dsp



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

Certificate Course in Yoga and Meditation
 Attendance Sheet (2021-22)

Sr. No.	Name of the Student	15/1/22	16/1/22	22/1/22	23/1/22	25/1/22	26/1/22	29/1/22	30/1/22	7/5/2022	9/5/2022
12	Mahadik Viraj Sunil	Mahadik Epatil	Mahadik Epatil	Mahadik Epatil	Mahadik Epatil	AB Epatil	Mahadik Epatil	Mahadik Epatil	Mahadik Epatil	Mahadik Epatil	AB Epatil
13	Patil Raturaj Pratap	Csknait Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait	AB Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait
14	Kodnaik Chandrakant	Csknait Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait	AB Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait
15	Shridhar	Csknait Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait	AB Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait	Csknait Csknait
15	Pawar Tanaji Sidram	T.S. Pawar T.S. Pawar	T.S. Pawar T.S. Pawar	T.S. Pawar T.S. Pawar	T.S. Pawar T.S. Pawar	AB T.S. Pawar	T.S. Pawar T.S. Pawar	T.S. Pawar T.S. Pawar	T.S. Pawar T.S. Pawar	T.S. Pawar T.S. Pawar	AB T.S. Pawar
16	Pawar Suyash Ananda	Kapoor Kapoor	Kapoor Kapoor	Kapoor Kapoor	Kapoor Kapoor	AB Kapoor	Kapoor Kapoor	Kapoor Kapoor	Kapoor Kapoor	Kapoor Kapoor	Kapoor Kapoor
17	Pawar Ajay Baban	A.B. Pawar A.B. Pawar	A.B. Pawar A.B. Pawar	A.B. Pawar A.B. Pawar	A.B. Pawar A.B. Pawar	AB A.B. Pawar	A.B. Pawar A.B. Pawar	A.B. Pawar A.B. Pawar	A.B. Pawar A.B. Pawar	A.B. Pawar A.B. Pawar	A.B. Pawar A.B. Pawar
18	Kadalage Rutuja Basavraj	Kadalage Kadalage	Kadalage Kadalage	Kadalage Kadalage	Kadalage Kadalage	AB Kadalage	Kadalage Kadalage	Kadalage Kadalage	Kadalage Kadalage	Kadalage Kadalage	Kadalage Kadalage
19	Edake Vaibhav Sunil	V.S. Edake V.S. Edake	V.S. Edake V.S. Edake	V.S. Edake V.S. Edake	V.S. Edake V.S. Edake	AB V.S. Edake	V.S. Edake V.S. Edake	V.S. Edake V.S. Edake	V.S. Edake V.S. Edake	V.S. Edake V.S. Edake	V.S. Edake V.S. Edake
20	Salunkhe Rohit Tukaram	Rohit Rohit	Rohit Rohit	Rohit Rohit	Rohit Rohit	AB Rohit	Rohit Rohit	Rohit Rohit	Rohit Rohit	Rohit Rohit	Rohit Rohit
21	Patil Ritesh Anandrao	Ratil Ratil	Ratil Ratil	Ratil Ratil	Ratil Ratil	AB Ratil	Ratil Ratil	Ratil Ratil	Ratil Ratil	Ratil Ratil	Ratil Ratil
22	Shaikh Asif Abu	Aashaitb Aashaitb	Aashaitb Aashaitb	Aashaitb Aashaitb	Aashaitb Aashaitb	AB Aashaitb	Aashaitb Aashaitb	Aashaitb Aashaitb	Aashaitb Aashaitb	Aashaitb Aashaitb	Aashaitb Aashaitb
23	Patil Sanjit Baburao	SRP SRP	SRP SRP	SRP SRP	SRP SRP	SRP	SRP SRP	SRP SRP	SRP SRP	SRP SRP	SRP SRP
	Salavi Prathamesh	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	AB P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi
24	Prabhakar	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	AB P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi	P.Salavi P.Salavi

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



Savita
Head

Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
 Department of Physical Education
 Certificate Course in Yoga and Meditation

Attendance Sheet (2021-22)

Sr. No.	Name of the Student	10/5/22	13/5/22	14/5/22	17/5/22	20/5/22	21/5/22	23/5/22	29/5/22	27/5/22	28/5/22
1	Mullani Subiya Rahimkhan	Subeys	Subeys	Subeys	Subeys	Subeys	Subeys	Subeys	Subeys	Subeys	Subeys
2	Raybole Poonam Umesh Bhandare Aishwarya	Por	Por	Por	Por	Por	Por	Por	Por	Por	Por
3	Rajendra	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare	Bhandare
4	Sardar Balvirsing Mohan	A 20/12	A 20/12	A 20/12	A 20/12	A 20/12	A 20/12	A 20/12	A 20/12	A 20/12	A 20/12
5	Awale Sourabh Datta	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh	Sourabh
6	Lambore Chandrakant Sadashiv	K	K	K	K	K	K	K	K	K	K
7	Kambale Chandramani Shashikant	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh	Sh
8	Kambale Sharvari Babaso	Kul.	Kul.	Kul.	Kul.	Kul.	Kul.	Kul.	Kul.	Kul.	Kul.
9	Patil Siddhesh Dipak	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
10	Mane Atharv Sardar	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv	Atharv
11	Patil Digambar Shivaji	DSP	DSP	DSP	DSP	DSP	DSP	DSP	DSP	Ab	DSP



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

Certificate Course in Yoga and Meditation
 Attendance Sheet (2021-22)

Sr. No.	Name of the Student	10/5/2022	13/5/2022	14/5/2022	17/5/22	20/5/22	21/5/22	23/5/22	24/5/22	27/5/22	28/5/22
12	Mahadik Viraj Sunil	Pratik Epatil	Pratik Epatil	Pratik Epatil	Pratik Epatil	Pratik Epatil	Pratik Epatil	Pratik Epatil	Pratik Epatil	Pratik Epatil	Pratik Epatil
13	Patil Raturaj Pratap	Epatil	Epatil	Epatil	Epatil	Epatil	Epatil	Epatil	Epatil	Epatil	Epatil
14	Kodnaik Chandrakant	Cskodnaik	Cskodnaik	Cskodnaik	Cskodnaik	Cskodnaik	Cskodnaik	Cskodnaik	Cskodnaik	Cskodnaik	Cskodnaik
15	Pawar Tanaji Sidram	T. Pawar	T. Pawar	T. Pawar	T. Pawar	T. Pawar	T. Pawar	T. Pawar	T. Pawar	T. Pawar	T. Pawar
16	Pawar Suyash Ananda	S. Pawar	S. Pawar	S. Pawar	S. Pawar	S. Pawar	S. Pawar	S. Pawar	S. Pawar	S. Pawar	S. Pawar
17	Pawar Ajay Baban	A. B. Pawar	A. B. Pawar	A. B. Pawar	A. B. Pawar	A. B. Pawar	A. B. Pawar	A. B. Pawar	A. B. Pawar	A. B. Pawar	A. B. Pawar
18	Kadalage Rutuja Basavraj	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage	Kadalage
19	Edake Vaibhav Sumil	V. Edake	V. Edake	V. Edake	V. Edake	V. Edake	V. Edake	V. Edake	V. Edake	V. Edake	V. Edake
20	Salunkhe Rohit Tukaram	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit
21	Patil Ritesh Anandrao	Ratil	Ratil	Ratil	Ratil	Ratil	Ratil	Ratil	Ratil	Ratil	Ratil
22	Shaikh Asif Abu	A. Shaikh	A. Shaikh	A. Shaikh	A. Shaikh	A. Shaikh	A. Shaikh	A. Shaikh	A. Shaikh	A. Shaikh	A. Shaikh
23	Patil Sanjit Baburao	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil	S. Patil
24	Salavi Prathamesh Prabhakar	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi	P. Salavi

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



Smt. Savita R. Majagaonkar
Head



Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education

Notice

Date: 29/05/2022

The students of the skill based short term course 'Yoga and Meditation' are hereby informed that the practical and written examination of this course will be held on 3rd and 4th June, 2022 as per the following schedule. However, the students of the course should remain present as per the schedule.

Date	Time	Exam.	Venue
03/06/2022	7.00 to 8.00 am	Practical Exam. Batch 1	Yoga Center
	8.00 to 9.00 am	Practical Exam. Batch 2	Yoga Center
04/06/2022	11.30 am to 12.30 pm	Written Exam.	Hall no. 205



[Signature]
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.

Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
 Department of Physical Education
 Certificate Course in Yoga and Meditation
Attendance of Written Examination
 Date: 03/06/2022

Sr. No.	Name of the Students	Signature
1.	Mullani Subiya Rahimkhan (Meenaz)	
2.	Raybole Poonam Umesh (Sangita)	
3.	Bhandare Aishwarya Rajendra (Vanita)	
4.	Sardar Balvirsing Mohan (Surekha)	
5.	Awale Sourabh Datta (Ujwala)	
6.	Lambore Chandrakant Sadashiv (Kondabai)	
7.	Kambale Chandramani Shashikant (Mira)	
8.	Kambale Sharvari Babaso (Archana)	
9.	Patil Siddhesh Dipak (Sunita)	
10.	Mane Atharv Sardar (Sarika)	
11.	Patil Digambar Shivaji (Ashatai)	
12.	Mahadik Viraj Sunil (Deepali)	
13.	Patil Ruturaj Pratap (Madhavi)	
14.	Kodnaik Chandrakant Shridhar (Savita)	
15.	Pawar Tanaji Sidram (Neela)	
16.	Pawar Suyash Ananda (Sangita)	
17.	Pawar Ajay Baban (Shobha)	
18.	Kadalage Rutuja Basavraj (Savita)	
19.	Edake Vaibhav Sunil (Rekha)	
20.	Salunkhe Rohit Tukaram (Savita)	
21.	Patil Ritesh Anandrao (Shubhangi)	
22.	Shaikh Asif Abu (Amina)	
23.	Patil Sanjit Baburao (Sunita)	
24.	Salavi Prathamesh Prabhakar (Poonam)	

Course Coordinator

Department of Physical Education
 Rajarshi Chhatrapati Shahu College, Kolhapur



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Certificate Course in Yoga and Meditation
Examination-June-2022



Day and Date: Friday, 3/6/2022

Time: 60 min.

Name of the Student: _____

Total Marks: 25

Marks Obtained: _____

प्रश्न क्र. १. रिक्तान्या जागा भरा

(५)

1. योग म्हणजे
2. म्हणजे श्वास रोखून ठेवणे.
3. सुर्यनमस्कारास..... व्यायाम असे म्हणतात.
4. म्हणजे शरीरामधील दिव्य विश्वशक्ती.
5. मध्ये इंद्रियांवर विजय प्रस्थापित केला जातो.

प्रश्न क्र. २. योग्य जोड्या जुळवा (५)

अ गट

१. ज्ञानमुद्रा
२. प्राणमुद्रा
३. शून्यमुद्रा
४. वरुणमुद्रा
५. पृथ्वीमुद्रा

ब गट

- अ. करांगुली व अंगठायांच्या संयोगाने
- ब. अनामिकेचे टोक व अंगठा जोडलेने
- क. तर्जनी व अंगठा जोडून
- ड. मधले बोट वाकवून त्याच्यानखाच्याभागावर अंगठ्याचे पहिले पेरें लावून
- इ. अनामिकाव करांगुली व अंगठा जोडून

प्रश्न क्र. ३. खालील प्रश्नांची उत्तरे द्या.

(१०)

1. योगामधील अष्टांग मार्ग कोणते ?

2. योगासन करण्यासाठी उत्तमवेळ कोणती आहे ?

3. मासिकपालीच्या वेळी महिला कोणती आसने करू शकतात ?

4. पचनसंस्थेच्या आरोग्यासाठी उपयुक्त असलेल्या कोणत्याही दोन आसनांची नावे लिहा.

5. कपालभाती प्राणायामाचे कोणतेही दोन उपयोग लिहा.

प्रश्न क्र. ४. चित्रामध्ये दाखविलेल्या आसन ओळखा व त्याचे नाव लिहा

(५)



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Rajyot Shiksha Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
 Department of Physical Education
 Certificate Course in Yoga and Meditation

Result sheet (2021-22)

Sr. No.	Name	Theory (25)	Practical (50)	Assignments (25)	Total (100)	Grade
1	Mullani Subiya Rahimkhan	20	44	22	86	A+
2	Rayhole Poonam Umesh	18	40	22	80	A+
3	Bhandare Aishwarya Rajendra	22	45	24	86	A+
4	Sardar Balvirsing Mohan	23	45	24	92	O
5	Awale Sourabh Datta	22	44	22	88	A+
6	Lambore Chandrakant Sadashiv	20	44	22	86	A+
7	Kumbale Chandramani Shashikant	21	44	22	87	A+
8	Kumbale Sharvari Babaso	24	48	24	96	O
9	Patil Siddhesh Dipak	18	40	20	78	A
10	Mane Atharv Sardar	18	40	20	78	A
11	Patil Digambar Shivaji	17	40	20	77	A
12	Mahadik Viraj Sunil	19	40	20	79	A
13	Patil Raturaj Pratap	20	40	20	80	A+
14	Kodnaik Chandrakant Shridhar	20	38	20	78	A
15	Pawar Tanaji Sidram	18	38	18	78	A
16	Pawar Suyash Ananda	17	38	18	83	A+
17	Pawar Ajay Baban	17	36	18	71	A
18	Kadalage Rutuja Basavraj	22	46	23	91	O
19	Edake Vaibhav Sunil	20	40	22	82	A+
20	Salunkhe Rohit Tukaram	21	40	22	83	A+
21	Patil Ritesh Anandrao	22	38	20	80	A+
22	Shaikh Asif Abu	20	38	20	78	A
23	Patil Sanja Baburao	21	40	20	81	A+
24	Salavi Prathamesh Prabhakar	20	40	18	78	A


 Course Co-ordinator
 Head
 Department of Physical Education
 Rajarshi Chhatrapati Shahu College, Kolhapur




 Principal

Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Certificate Course in Yoga and Meditation (2021-22)

Sr. No.	Name of the Students	Class	Fee	Receipt
1.	Mullani Subiha Ramkishan	B. A. - 2	300/-	017
2.	Raybole Poonam Umesh	B. A. - 2	300/-	018
3.	Bhandare Aishwarya Rajendra	B. A. - 2	300/-	019
4.	Sardar Balveer Singh Mohan	B. A. - 1	300/-	20
5.	Awale Sourabh Datta	B. A. - 2	300/-	21
6.	Lambore Chandrakant Sadashiv	B. A. - 2	300/-	22
7.	Kambale Chandramani Shashikant	B. A. - 2	300/-	023
8.	Kambale Sharvari Babaso	B. A. - 2	300/-	24
9.	Patil Siddhesh Dipak	B. A. - 2	300/-	25
10.	Mane Atharv Sardar	B. A. - 2	300/-	26
11.	Patil Digambar Shivaji	B. A. - 2	300/-	27
12.	Mahadik Viraj Sunil	B. A. - 2	300/-	28
13.	Patil Raturaj Pratap	B. A. - 2	300/-	29
14.	Kodnaik Chandrakant	B. A. - 2	300/-	30
15.	Pawar Tanaji Siddharaj	B. A. - 2	300/-	31
16.	Pawar Suyash Ananda	B. A. - 2	300/-	32
17.	Pawar Ajay Baban	B. A. - 2	300/-	33
18.	Kadalage Rutuja Basavraj	B. A. - 2	300/-	34
19.	Edake Vaibhav Sunil	B. A. - 2	300/-	35
20.	Salunkhe Rohit Tukaram	B. A. - 2	300/-	36
21.	Patil Ritesh Anandrao	B. A. - 2	300/-	37
22.	Shaikh Asif Abu	B. A. - 2	300/-	38
23.	Patil Sanjit Baburao	B. A. - 2	300/-	39
24.	Salavi Prathamesh Prabhakar	B. A. - 2	300/-	40
Total			7200/-	

Mr. G. M. Lawangare
Course Co-ordinator

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


Ma. Prof. Dr. R. S. Dubal
I/C Principal, RCSC, KOP.

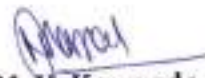



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Certificate Course in Yoga and Meditation
Income and Expenditure Statement
(2021-22)

Particulars (Receipts)	Amount (in Rs.)	Particulars (Payments)	Amount (in Rs.)
By Fees of 24 Students (No. of students enrolled: 24 Fees per student: Rs. 300.00)	7200.00	Remuneration of teachers	
		Ms. S. R. Majagaonkar	2880.00
		Total Remuneration	2880.00
		Balance to College	4320.00
Total	7200.00	Total	7200.00




Mr. G. M. Lawangare
Coordinator
Yoga & Meditation


Dr. M. K. Kannade
In-charge,
Short Term Course


Dr. R. S. Dubal
I/C Principal
R. C. Shahu College, Kop.

Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education
Certificate Course in Yoga and Meditation
Certificate Distribution List (2021-22)

Sr. No.	Name of the Students	Signature
1.	Mullani Subiya Rahimkhan (Meenaz)	
2.	Raybole Poonam Umesh (Sangita)	
3.	Bhandare Aishwarya Rajendra (Vanita)	
4.	Sardar Balvirsing Mohan (Surekha)	
5.	Awale Sourabh Datta (Ujwala)	
6.	Lambore Chandrakant Sadashiv (Kondabai)	
7.	Kambale Chandramani Shashikant (Mira)	
8.	Kambale Sharvari Babaso (Archana)	
9.	Patil Siddhesh Dipak (Sunita)	
10.	Mane Atharv Sardar (Sarika)	
11.	Patil Digambar Shivaji (Ashatai)	
12.	Mahadik Viraj Sunil (Deepali)	
13.	Patil Raturaj Pratap (Madhavi)	
14.	Kodnaik Chandrakant Shridhar (Savita)	
15.	Pawar Tanaji Sidram (Neela)	
16.	Pawar Suyash Ananda (Sangita)	
17.	Pawar Ajay Baban (Shobha)	
18.	Kadalage Rutuja Basavraj (Savita)	
19.	Edake Vaibhav Sunil (Rekha)	
20.	Salunkhe Rohit Tukaram (Savita)	
21.	Patil Ritesh Anandrao (Shubhangi)	
22.	Shaikh Asif Abu (Amina)	
23.	Patil Sanjit Baburao (Sunita)	
24.	Salavi Prathamesh Prabhakar (Poonam)	



"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.

Mother's Name Ashatai


Patil Digambar Shivaji

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 2021-22


Course Coordinator




Principal



"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. _____

Mother's Name _____

Class _____ of _____ College _____

has successfully completed the Career Oriented/Certificate Course in _____

organized by **Rajarshi Chhatrapati Shahu College, Kolhapur.**

Course organized academic year _____

Course Coordinator

Principal