



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education



Academic Year (2023-24)

Skill Based Course
in
Yoga and
Meditation



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Academic Year (2023-24)

Name of the Course: Yoga and Meditation

Department: Department of Physical Education

Course Implementation Year: 2021-22

Course Coordinator:

Name of Co-ordinator : Dr. 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. 500/-

Objectives of the Course:

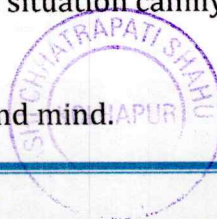
- To train students to acquire techniques to perform yogic postures.
- To train students breathing patterns through Pranayamas.
- To teach stress relieving techniques.
- To motivate students to adopt physically active lifestyle throughout the life through practicing Yoga regularly.
- To teach students to control their body and mind.


Learning Outcomes:

After successfully completing this course, students will be 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.

Department of Physical Education
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Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Skill Based Course

Yoga and Meditation

Academic Year (2023-24)

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 (*Ashtangamarg* 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 *Shuddhikriyas*

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, UthhitTrikonasana, Ardchakrasana, Virbhadrasana, Dhanurasana, Noukasana, Ushtrasana, Halasana, Sarvangasana, Shirshasana, Makarasana, Adhomukhswanasana, Chakrasana, Shavasana, Bhujangasana, Setubandhasana, Padangustasana.*
- *Suryanamaskar*



Reference Books

- B. K. S. Iyengar (2006).YogDipika, Orient Longman Ltd., Mumbai.
- B. K. S. Iyengar (2005). Arogya Yoga. RohanPrakashan, Pune.
- GeetaIyengar (2008). Yoga: A Gem for Women, Allied Publishers Pvt. Ltd., Mumbai.
- Gore, M. M. (2003), SharirVidnyanAniYogabhyas, KanchanPrakashan, Lonawala, Pune.
- B. K. S. Iyengar (2004). YogaChandan, YogPrakashan, Pune.
- B. K. S. Iyengar (2005). Light on Yoga, Harper Collins, India.

Chhatrapati Shahu
Course Coordinator
Head

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Rajarshi Chhatrapati Shahu College, Kolhapur.



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Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Skill Based Course

Yoga and Meditation

Academic Year (2023-24)

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)

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Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education

Skill Based Course

Yoga and Meditation

Academic Year (2023-24)

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 1.00pm	Theory

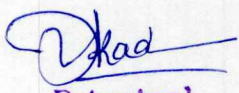
Distribution of teaching (Practical) session

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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Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Skill Based Course- **Yoga and Meditation**
Academic Year (2023-24)

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 2023-24 course was started on 4th Sep. 2023. There were 12 students of Arts faculty has successfully completed the course. After completion of the course; theory and practical examination was conducted.

Ms. 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.



Kolhapur, Maharashtra, India
Shop No. 1, 192 E ward , Near By 10 No. Shala, Sadar Bazar,
Rd, Kadamwadi, Kolhapur, Maharashtra , 416005, India
23/10/2023 8.05 AM GMT +05:30

Students performing *Dhanurasana*



Kolhapur, Maharashtra, India
Shop No. 1, 192 E ward , Near By 10 No. Shala, Sadar Bazar,
Rd, Kadamwadi, Kolhapur, Maharashtra , 416005, India
16/12/2023 7.53 AM GMT +05:30

Students performing *Kapalbhathi Pranayama*


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

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RayatShikshanSanstha's

RajarshiChhatrapatiShahu College, Kolhapur

Department of Physical Education

Skill Based Course

Yoga and Meditation

List of Enrolled Students (2023-24)

Sr. No.	Name of the Students	Class	Sign.
1.	Gosavi Shyam Sunil	B. A.-II	
2.	Hanavate Akshay Rama	B. A.-II	
3.	Chavan Aditya Khanderao	B. A.-II	
4.	Gawas Rohit Ramesh	B. A.-II	
5.	Bhopale Saurbh Sanjay	B. A.-II	
6.	Patil Sahil Shashikant	B. A.-II	
7.	Lokhande Gourav Vijay	B. A.-II	
8.	*Kuchikoravi Minakshi Nagappa	B. A.-II	
9.	*Kambale Prajakta Keraba	B. A.-II	
10.	*Ranage Deepa Vilas	B. A.-II	
11.	Sannake Anurag Shivaji	B. A.-II	
12.	Raykar Ayush Maruti	B. A.-II	

Course Co-ordinator

Head

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Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 26/08/2023

All the students are hereby informed that, a skill based short term course on 'Yoga and Meditation' is being started from 4/09/2023 by 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 31/08/2023 2023.

Duration of the Course: 3 Months (4 days/week)

Course Fees: Rs. 500/-


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.





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रयत शिक्षण संस्थेचे

राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर
शारीरिक शिक्षण विभाग




नोटीस

दि. २६/०८/२०२३

शारीरिक शिक्षण विभागामार्फत 'योग आणि मेडीटेशन' हा शॉर्ट टर्म कोर्स पहिल्या सत्रामध्ये दि. ४ सप्टेंबर २०२३ सुरु करण्यात येत आहे. ज्या विद्यार्थ्यांना सदर शॉर्ट टर्म कोर्स साठी प्रवेश घ्यावयाचा आहे अशा विद्यार्थ्यांनी आपली नावे दि. ३१ ऑगस्ट २०२३ पर्यंत प्रा. सविता माजगावकर यांच्याकडे द्यावीत.

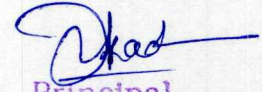
कोर्स कालावधी: ३ महिने (आठवड्यातून चार दिवस- सोमवार, बुधवार, शुक्रवार व शनिवार)

कोर्स फी: रु. ५००


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Department of Physical Education

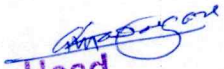
Notice

Date: 01/09/2023

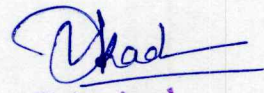
A skill based short term course on 'Yoga and Meditation' conducted by the Department of Physical Education is starting from 4/09/2023. All the students who have enrolled for this course are hereby informed that, they should remain present at Department of Physical Education on 4/09/2023 at sharp 7.30 am in the Gymkhana Hall

The time table of the course is as follows;

Sr. No.	Day	Time	Theory/Practical
1	Monday	7.30 to 8.30 am	Practical
2	Wednesday	12.00 to 1.00 pm	Theory
3	Friday	7.30 to 8.30 am	Practical
4	Saturday	12.00 to 1.00 pm	Theory


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रयत शिक्षण संस्थेचे

राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर
शारीरिक शिक्षण विभाग



नोटीस

दि. ०१/०९/२०२३

शारीरिक शिक्षण विभागामार्फत चालविला जाणारा 'योग आणि मेडीटेशन' या शॉर्ट टर्म कोर्स दि. ४ सप्टेंबर २०२३ पासून सुरु होत आहे. ज्या विद्यार्थ्यांनी या शॉर्ट टर्म कोर्स साठी प्रवेश घेतला आहे अशा विद्यार्थ्यांनी दि. ४ सप्टेंबर २०२३ रोजी सकाळी ७.३० वाजता जिमखाना हॉल मध्ये उपस्थित रहावे.


Head

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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 (2023-24)

Teaching Plan

Day	Date	Content	Theory/ Practical	Name of the trainer/ teacher
1	04/09/2023	Yoga: Meaning, concept and origin	Theory	Ms. S. R. Majagaonkar
2	06/09/2023	Eight paths of Yoga (<i>Ashtangamarg</i> of yoga)- <i>Yama, Niyam</i>	Theory	Ms. S. R. Majagaonkar
3	08/09/2023	Eight paths of Yoga- <i>Asana, Pranayam</i>	Theory	Ms. S. R. Majagaonkar
4	09/09/2023	Eight paths of Yoga- <i>Pratyahar, Dharana</i>	Theory	Ms. S. R. Majagaonkar
5	11/09/2023	Eight paths of Yoga- <i>Dhyan, Samadhi</i>	Theory	Ms. S. R. Majagaonkar
6	13/09/2023	Kinds of Yoga – Raj Yoga, Hath Yoga	Theory	Ms. S. R. Majagaonkar
7	16/09/2023	Effect of Yoga on Muscular System and Skeletal system	Theory	Ms. S. R. Majagaonkar
8	18/09/2023	Preparatory exercises before performing <i>Asanas</i> and <i>Pranayama</i>	Practical	Ms. S. R. Majagaonkar
9	20/09/2023	Effect of Yoga on Nervous system and respiratory system	Theory	Ms. S. R. Majagaonkar
10	23/09/2023	Effect of Yoga on circulatory system and digestive system	Theory	Ms. S. R. Majagaonkar
11	27/09/2023	<i>Suryanamaskar</i> - Concept, benefits, <i>asanas</i>	Theory	Ms. S. R. Majagaonkar
12	29/09/2023	<i>Suryanamaskar</i>	Practical	Ms. S. R. Majagaonkar
13	30/09/2023	<i>Yogasanas</i> : Do's and Don'ts	Theory	Ms. S. R. Majagaonkar
14	04/10/2023	Types of <i>Yogasanas</i> : Types according to posture and benefits	Theory	Ms. S. R. Majagaonkar
15	06/10/2023	<i>Suryanamaskar</i>	Practical	Ms. S. R. Majagaonkar
16	07/10/2023	Benefits of <i>asanas</i> in sitting, standing and lying position	Theory	Ms. S. R. Majagaonkar
17	09/10/2023	<i>Padmasana, Virasana, Vajrasana</i>	Practical	Ms. S. R. Majagaonkar
18	11/10/2023	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	13/10/2023	Marichyasana, Baddhakonasana, Dandasana, Parshvakonasana, paschimottanasana,	Practical	Ms. S. R. Majagaonkar
20	14/10/2023	Basics of Yogasana and breathing pattern	Theory	Ms. S. R. Majagaonkar
21	16/10/2023	Tadasana, Vrukshasana, Garudasana, Utthitpaschimottanasana	Practical	Ms. S. R. Majagaonkar
22	20/10/2023	Shalabhasana, Parvatasana, Trikonasana, UthhitTrikonasana,	Practical	Ms. S. R. Majagaonkar
23	23/10/2023	Ardhachakrasana, Virbhadrasana, Dhanurasana,	Practical	Ms. S. R. Majagaonkar
24	27/10/2023	Noukasana, Ushtrasana, Halasana, Sarvangasana	Practical	Ms. S. R. Majagaonkar
25	11/12/2023	Halasana, Sarvangasana, Shirshasana,	Practical	Ms. S. R. Majagaonkar
26	06/11/2023	Shavasana, Bhujangasana, Setubandhasana, Padangustasana.	Practical	Ms. S. R. Majagaonkar
27	08/12/2023	Makarasana, Adhomukhswanasana, Chakrasana	Practical	Ms. S. R. Majagaonkar
28	18/10/2023	Meaning and types of Pranayamas, Preparatory phase of Pranayama, Do's and Don'ts of Pranayama	Theory	Ms. S. R. Majagaonkar
29	15/12/2023	Pranayamas: AnulomVilom,Ujjayi,	Practical	Ms. S. R. Majagaonkar
30	16/12/2023	Pranayamas: Kapalbhata, Shitali, Shitkari	Practical	Ms. S. R. Majagaonkar
31	18/12/2023	Pranayamas: Bhastrika, Bramari	Practical	Ms. S. R. Majagaonkar
32	21/12/2023	Designing Pranayama program: Frequency, intensity and duration	Theory	Ms. S. R. Majagaonkar
33	25/10/2023	Bandhas	Theory	Ms. S. R. Majagaonkar
34	28/10/2023	Mudras	Theory	Ms. S. R. Majagaonkar
35	30/10/2023	Mudras	Practical	Ms. S. R. Majagaonkar
36	01/11/2023	ShuddhiKriya : Meaning, Importance	Theory	Ms. S. R. Majagaonkar
37	08/11/2023	ShddhiKriya: Dhouti, Nouli	Theory	Ms. S. R. Majagaonkar
38	06/12/2023	ShddhiKriya: Neti	Theory	Ms. S. R. Majagaonkar
39	09/12/2023	ShddhiKriya: VamanBasti	Theory	Ms. S. R. Majagaonkar
40	13/12/2023	ShddhiKriya: Kapalbhata	Theory	Ms. S. R. Majagaonkar

[Signature]
Course Coordinator
Head

Department of Physical Education
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[Signature]

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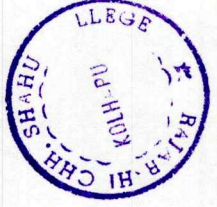
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 Department of Physical Education

Skill Based Course

Yoga and Meditation

Attendance Sheet (2023-24)

Sr. No.	Name of the Students	4/9/2023	6/9/2023	8/9/2023	9/9/2023	11/9/2023	13/9/2023	16/9/2023	18/9/2023	20/9/2023	23/9/23
1	Gosavi Shyam Sunil	GS	GS	GS	GS	GS	GS	GS	GS	GS	AB
2	Hanavate Akshay Rama	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS
3	Chavan Aditya Khanderao	CH	CH	CH	CH	CH	CH	CH	CH	CH	CH
4	Gawas Rohit Ramesh	RG	RG	RG	RG	RG	RG	RG	RG	RG	RG
5	Bhopale Saurbh Sanjay	BS	BS	BS	BS	BS	BS	BS	BS	BS	BS
6	Patil Sahil Shashikant	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS
7	Lokhande Gourav Vijay	GL	GL	GL	GL	GL	GL	GL	GL	GL	GL
8	*Kuchikoravi Minakshi Nagappa	MN	MN	MN	MN	MN	MN	MN	MN	MN	MN
9	*Kambale Prajakta Keraba	PK	PK	PK	PK	PK	PK	PK	PK	PK	PK
10	*Ranage Deepa Vilas	DR	DR	DR	DR	DR	DR	DR	DR	DR	DR
11	Sannake Anurag Shivaji	SA	SA	SA	SA	SA	SA	SA	SA	SA	SA
12	Raykar Ayush Maruti	RA	RA	RA	RA	RA	RA	RA	RA	RA	RA



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

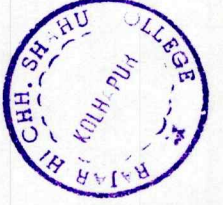


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Rajarshi Chhatrapati Shahu College, Kolhapur
 Department of Physical Education
 Skill Based Course

Yoga and Meditation

Attendance Sheet (2023-24)

Sr. No.	Name of the Students	27/9/2023	29/9/23	30/9/23	4/10/23	6/10/23	7/10/23	9/10/23	11/10/23	13/10/23	14/10/23
1	Gosavi Shyam Sunil	GS	GS	GS	GS	GS	AB	GS	GS	GS	GS
2	Hanavate Akshay Rama	GS	GS	GS	GS	GS	GS	GS	GS	AB	GS
3	Chavan Aditya Khanderao	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS
4	Gawas Rohit Ramesh	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas
5	Bhopale Saurbh Sanjay	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale
6	Patil Sahil Shashikant	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
7	Lokhande Gourav Vijay	G.V.Lokhande	G.V.Lokhande	G.V.Lokhande	G.V.Lokhande	G.V.Lokhande	AB	G.V.Lokhande	G.V.Lokhande	G.V.Lokhande	G.V.Lokhande
8	*Kuchikoravi Minakshi Nagappa	M.N.Kuchikoravi	M.N.Kuchikoravi	M.N.Kuchikoravi	M.N.Kuchikoravi	M.N.Kuchikoravi	M.N.Kuchikoravi	M.N.Kuchikoravi	M.N.Kuchikoravi	M.N.Kuchikoravi	M.N.Kuchikoravi
9	*Kambale Prajakta Keraba	Kambale	Kambale	Kambale	Kambale	Kambale	Kambale	Kambale	Kambale	Kambale	Kambale
10	*Ranage Deepa Vilas	DR	DR	DR	DR	DR	DR	DR	DR	DR	DR
11	Sannake Anurag Shivaji	S.Sannake	S.Sannake	S.Sannake	S.Sannake	S.Sannake	S.Sannake	S.Sannake	S.Sannake	S.Sannake	S.Sannake
12	Raykar Ayush Maruti	MR	MR	MR	MR	MR	MR	MR	MR	MR	MR



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

Savita R. Majagaonkar



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

Skill Based Course

Yoga and Meditation

Attendance Sheet (2023-24)

Sr. No.	Name of the Students	16/10/23	18/10/23	20/10/23	23/10/23	25/10/23	27/10/23	28/10/23	30/10/23	11/11/23	11/11/23
1	Gosavi Shyam Sunil	Cons	Cons	Cons	Cons	Cons	Cons	Cons	Cons	AB	Cons
2	Hanavate Akshay Rama	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
3	Chavan Aditya Khanderao	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
4	Gawas Rohit Ramesh	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
5	Bhopale Saurbh Sanjay	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
6	Patil Sahil Shashikant	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
7	Lokhande Gourav Vijay	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
8	*Kuchikoravi Minakshi Nagappa	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
9	*Kambale Prajakta Keraba	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
10	*Ranage Deepa Vilas	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
11	Sannake Anurag Shivaji	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
12	Raykar Ayush Maruti	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB



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



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



Yoga and Meditation

Attendance Sheet (2023-24)

Sr. No.	Name of the Students	8/11/23	6/12/23	8/12/23	9/12/23	11/12/23	13/12/23	15/12/23	16/12/23	18/12/23	21/12/23
1	Gosavi Shyam Sunil	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS
2	Hanavate Akshay Rama	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
3	Chavan Aditya	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan
4	Khanderao	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas	R.R.Gawas
5	Gawas Rohit Ramesh	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
6	Bhopale Saurbh Sanjay	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale	Shopale
7	Patil Sahil Shashikant	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
8	Lokhande Gourav Vijay	G.V. Lokhande	G.V. Lokhande	G.V. Lokhande	G.V. Lokhande	G.V. Lokhande	G.V. Lokhande	G.V. Lokhande	G.V. Lokhande	G.V. Lokhande	G.V. Lokhande
9	*Kuchikoravi Minakshi Nagappa	M.N. Kuchikoravi	M.N. Kuchikoravi	M.N. Kuchikoravi	M.N. Kuchikoravi	M.N. Kuchikoravi	M.N. Kuchikoravi	M.N. Kuchikoravi	M.N. Kuchikoravi	M.N. Kuchikoravi	M.N. Kuchikoravi
10	*Kambale Prajakta Keraba	P.Kambale	P.Kambale	P.Kambale	P.Kambale	P.Kambale	P.Kambale	P.Kambale	P.Kambale	P.Kambale	P.Kambale
11	*Ranage Deepa Vilas	DR	DR	DR	DR	DR	DR	DR	DR	DR	DR
12	Sannake Anurag Shivaji	S.S. Sannake	S.S. Sannake	S.S. Sannake	S.S. Sannake	S.S. Sannake	S.S. Sannake	S.S. Sannake	S.S. Sannake	S.S. Sannake	S.S. Sannake
13	Raykar Ayush Maruti	MR	MR	MR	MR	MR	MR	MR	MR	MR	MR



[Signature]

Principal,
 Rajarshi Chh. Shahu College
 Kolhapur.

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



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 (2023-24)

Date: 20/12/2023

Sr. No.	Name of the Students	Sign.
1.	Gosavi Shyam Sunil	
2.	Hanavate Akshay Rama	
3.	Chavan Aditya Khanderao	
4.	Gawas Rohit Ramesh	
5.	Bhopale Saurbh Sanjay	
6.	Patil Sahil Shashikant	
7.	Lokhande Gourav Vijay	
8.	*Kuchikoravi Minakshi Nagappa	
9.	*Kambale Prajakta Keraba	
10.	*Ranage Deepa Vilas	
11.	Sannake Anurag Shivaji	
12.	Raykar Ayush Maruti	

Course Co-ordinator
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 (2023-24)

Result Sheet

Sr. No.	Name of the Students	Theory (40)	Practical (60)	Total (100)	Grade
1	Gosavi Shyam Sunil	32	45	77	A
2	Hanavate Akshay Rama	30	48	78	A
3	Chavan Aditya Khanderao	30	45	75	A
4	Gawas Rohit Ramesh	36	54	90	O
5	Bhopale Saurbh Sanjay	32	55	87	A+
6	Patil Sahil Shashikant	38	54	92	O
7	Lokhande Gourav Vijay	36	58	94	O
8	*Kuchikoravi Minakshi Nagappa	32	52	84	A+
9	*Kambale Prajakta Keraba	34	52	86	A+
10	*Ranage Deepa Vilas	34	50	84	A+
11	Sannake Anurag Shivaji	30	40	70	A
12	Raykar Ayush Maruti	32	48	80	A+

Course Co-ordinator
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



Prad

Principal,
Rajarshi Chh. Shahu College
Kolhapur



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 13/12/2023

All the students of 'Yoga and Meditation' course are hereby informed that, the examination of the course will be held as per time schedule given below. All the students should remain present at Department of Physical Education at given time.

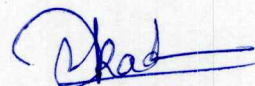
The time table of the course examination is as follows;

Date	Time	Exam.
20/12/2023	7.30 to 9.30 am	Practical Exam.
	11.30 am to 12.30 pm	Written Exam.


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.

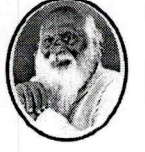



Principal,
Rajarshi Chh. Shahu College
Kolhapur



रयत शिक्षण संस्थेचे

राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर
शारीरिक शिक्षण विभाग



नोटीस

दि. १३/१२/२०२३

‘योग आणि मेडीटेशन’ या शॉर्ट टर्म कोर्सच्या विद्यार्थ्यांना कळविण्यात येते कि, या कोर्सची प्रात्यक्षिक व लेखी परीक्षा दि. २० डिसेंबर, २०२३ रोजी खालील वेळापत्रकाप्रमाणे घेतली जाणार आहे. तरी कोर्सच्या विद्यार्थ्यांनी दिलेल्या वेळापत्रकानुसार जिमखान्यामध्ये उपस्थित रहावे.

तारीख	वेळ	
20/12/2023	सकाळी 7.30 ते 9.30	प्रात्यक्षिक परीक्षा
	सकाळी 11.30 ते दु. 12.30	लेखी परीक्षा -


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.





Principal,
Rajarshi Chh. Shahu College
Kolhapur



RayatShikshanSanstha's

RajarshiChhatrapatiShahu College, Kolhapur

Department of Physical Education

Skill Based Course

Yoga and Meditation

Certificate Distribution List(2023-24)

Sr. No.	Name of the Students	Sign.
1.	Gosavi Shyam Sunil	
2.	Hanavate Akshay Rama	
3.	Chavan Aditya Khanderao	
4.	Gawas Rohit Ramesh	
5.	Bhopale Saurbh Sanjay	
6.	Patil Sahil Shashikant	
7.	Lokhande Gourav Vijay	
8.	*Kuchikoravi Minakshi Nagappa	
9.	*Kambale Prajakta Keraba	
10.	*Ranage Deepa Vilas	
11.	Sannake Anurag Shivaji	
12.	Raykar Ayush Maruti	

Course Co-ordinator
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 (2023-24)

Sr. No.	Name of the Students	Class	Fee	Receipt No.	Signature
1.	Gosavi Shyam Sunil	B. A.-II	500/-	5224	
2.	Hanavate Akshay Rama	B. A.-II	500/-	5225	
3.	Chavan Aditya Khanderao	B. A.-II	500/-	5226	
4.	Gawas Rohit Ramesh	B. A.-II	500/-	5227	
5.	Bhopale Saurbh Sanjay	B. A.-II	500/-	5228	
6.	Patil Sahil Shashikant	B. A.-II	500/-	5229	
7.	Lokhande Gourav Vijay	B. A.-II	500/-	5230	
8.	*Kuchikoravi Minakshi Nagappa	B. A.-II	500/-	5231	
9.	*Kambale Prajakta Keraba	B. A.-II	500/-	5232	
10.	*Ranage Deepa Vilas	B. A.-II	500/-	5233	
11.	Sannake Anurag Shivaji	B. A.-II	500/-	5234	
12.	Raykar Ayush Maruti	B. A.-II	500/-	5235	

Course Co-ordinator
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

Income and Expenditure Statement


Academic Year (2023-24)

Particulars (Receipts)	Amount (in Rs.)	Particulars (Payments)	Amount (in Rs.)
<u>By Fees of 12 Students</u> (No. of students enrolled: 12 Fees per student: Rs. 500.00)	6000.00	<u>GST (18%)</u>	1080.00
		<u>Remuneration of teachers</u>	
		Ms. S. R. Majagaonkar	1968.00
		Total (Remuneration +GST)	3048.00
		Balance to College	2952.00
Total	6000.00	Total	6000.00


Dr. G. M. Lawangare

Course Co-ordinator
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.


Dr. M. K. Kannade

In-charge, Short term course


Dr. L. D. Kadam

Principal, RCSC, KOP.



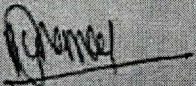
रयत शिक्षण संस्थेचे,
राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर
रयत कौशल्य विकास केंद्र

बैठकीचे इतिवृत्त

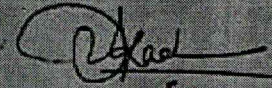
दिनांक 24 ऑगस्ट 2023 रोजी दुपारी 12.00 वाजता मा. प्राचार्यासोबत रयत कौशल्य विकास समितीची बैठक झाली. या बैठकीमध्ये खालील निर्णय घेण्यात आले.

1. महिंद्रा प्राईडचा कोर्स शेडगे सर यांनी विद्यार्थिनींसाठी मोफत कोर्स घेण्याचे ठरले.
2. स्वयंम, मुक्त, कर्मवीर विद्याप्रबोधनी किंवा प्रौढ निरंतर विभाग, शिवाजी विद्यापीठ यापैकी प्रत्येक विभागाने कोणताही एक कोर्स चालू करण्याचे ठरले.
3. शैक्षणिक वर्ष 2023-24 मध्ये कमीत कमी 500 (फी 404, जीएसटी 96) रुपये (चारशे रुपये फक्त) व कोर्सच्या आवश्यकतेनुसार विभागाने वाढीव फी घेण्याची ठरले.
4. Value added व add on courses मोफत घेण्याचे ठरले.
5. COC कोर्सच्या संलग्नकरणाचे प्रस्ताव करून विद्यापीठला पाठवण्याचे ठरले.
6. कोर्सच्या कार्यवाहीचा आढावा घेण्यासाठी पुढील मीटिंग 26 ऑगस्ट 2023 रोजी दुपारी 1.00 वाजता घेण्याचे ठरले.

वरील मीटिंगमध्ये सर्व विभाग प्रमुख तसेच कोर्स कॉर्डिनेटर उपस्थित होते.


च.अरमन





प्राचार्य,
राजर्षी छ. शाहू कॉलेज
कोल्हापूर.

रयत शिक्षण संस्थेचे
राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर
रयत कौशल्य विकास केंद्र
ठराव २०२३-२४

शैक्षणिक वर्ष २०२३-२४ वर्षातील विविध कोर्सच्या फी संदर्भात मा. प्राचार्यांच्यासोबत झालेल्या समितीच्या मीटिंगमध्ये खालील ठराव मंजूर करण्यात आले

1. विद्यार्थ्यांमधील मूल्य संवर्धनासाठी Value Added Course विद्यार्थ्यांना मोफत देण्यात यावे.
2. जे कोर्स विभागाच्या माध्यमातून चालविले जातात व महाविद्यालयातील प्राध्यापक कोर्सचे तास घेतात त्यांनी त्यांच्या कोर्स नुसार जास्त फी आकारू शकतात पण ती फी ५०० रुपयापेक्षा कमी नसावी.
3. कोर्स मधून जमा झालेल्या रक्कमेपैकी ४०% रक्कम पूर्ण कोर्स साठी खर्च करावयाचे तर ६०% रक्कम कॉलेज मध्ये जमा करावयाचे ठरले.

या ठरावासाठी महाविद्यालयाचे प्राचार्य सर्व विभागप्रमुख व कोर्स चेअरमन उपस्थित होते


चेअरमन

1. Ms. Madam M. B.
2. Dr. Supriya Khole Secy
3. Prof (Co) Pundarikar B.S. Rep.
4. Dr. Anale S.T. Rep.
5. Dr. R.C. Patil Rep.



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Skill Based Course in Yoga and Meditation (2023-24)
Examination-Dec.-2023

Day and Date: Wednesday, 20/12/2023

Total Marks: 40

Time: 60 min.

Marks Obtained:

Name of the Student: _____

प्रश्न १. योग्य पर्याय निवडून वाक्य पूर्ण करा. (१०)

१. शरीराची स्थिर व सुखकारक स्थिती म्हणजे काय?

अ. यम ब. आसन क. प्राणायाम ड. समाधी

२.म्हणजे श्वास बाहेर सोडणे.

अ. पूरक ब. कुंभक क. रेचक ड. यापैकी नाही

३. खालील पैकी विपरीत आसन कोणते आहे?.

अ. वज्रासन ब. शीर्षासन क. शवासन ड. पद्मासन

४. योगामध्ये उजव्या नाकपुडीला..... नाडी म्हणतात.

अ. पिंगला ब. इडा क. चंद्र ड. सुना

५.म्हणजे नैतिक आचरणाचे सिद्धांत.

अ. यम ब. नियम क. धारणा ड. प्रत्याहार

प्रश्न २. योग्य जोड्या जुळवा (१०)

अ गट	उत्तरे	ब गट
१. अहिंसा		अ. शुद्धी
२. अस्तेय		आ. धनाचा किंवा वस्तूचा संग्रह न करणे
३. अपरिग्रह		इ. इंद्रिये आपल्या विषयाशी चिकटून न जाणे
४. शौच		ई. हिंसा न करणे
५. प्रत्याहार		उ. चोरी न करणे

प्रश्न ३. एका वाक्यात उत्तरे लिहा. (१०)

१. कोणत्याही दोन प्राणायामांची नावे लिहा.

२. श्वसनाचे प्रकार कोणते ?

३. कोणत्याही दोन बंधांची नावे लिहा.

४. अपचनाच्या तक्रार असणाऱ्यांमध्ये लाभदायक असलेली आसने कोणती?

५. योग म्हणजे काय ?

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



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