



**Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur**

Department of Physical Education & Sports

A) A Summary Report

1) Title of Programme:	“Yog, Pranayam and Dhyan Dharna Shibir”		
2) Name of Organizing Department/Unit:	Physical Education & Sports, Health & Wellness Committee and Patanjali Yog Samiti, Latur.		
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Programme:	Mr. Anirudh Baburao Birajdar Mrs. Ratnrani B. Koli		
4) Date(s) of the Programme:	26 to 30 April 2022		
5) Venue:	College main Stage & You tube		
6) Targeted Group:	Hostel Girls		
7) Number of Participants:	Male	Female	Total
(Average present of 5 Days)	--	35	35
8) Source of Funding:	College		
9) Total Expenditure:	Nil		
10) Resource Person: Guest:	<ul style="list-style-type: none">• Mr. Shahuraj Autade (Member of Patanjali Yog Samiti,Latur)• Mrs. Bharti Autade (Member of Patanjali Yog Samiti,Latur)		

B) A Report

i. Title: "Yog Pranayam & Dhyan Dharna Shibir"

ii. Introduction:

The Sports Department and Health and Wellness Committee of the college organized Yoga Pranayama and Meditation Camp from 26 March to 30 March 2022 with the help of Patanjali Yoga Samiti to boost their morale for the upcoming summer exams for girls residing in the hostel.

iii. Objectives:

- To Increase concentration of girls to focus on study
- To Become physically fit

iv. Details of Participants:

35 Girls were present on an average during 5 days

v. Brief Summary of Events/ Sessions:

Health and Wellness Committee and Sports Department of the college organized Yoga, Pranayama and Meditation camp with the help of Patanjali Yoga Samiti. For this camp Mrs. Bharti Avatade and Mr. Shivraj Avatade trained yoga pranayama to the girls of the college hostel from 6 to 7 in the morning for five days. Around 40 to 50 female students enthusiastically participated in this training camp which lasted for five days.

vi. Conclusion, with Feedback on the Programme:

For the Yoga Pranayama and Meditation camp held for five days, Health and Wellness Committee Dr. Swati Phere and colleague Mr. Shinde Sir worked hard to complete this camp online and offline mode. Principal Dr. Mahadev Gavhane and Vice Principal Mr. Sadashiv Shinde sir congratulated all the organizers and girls of the hostel who have present daily.

Date: 31/04/2022


Director
Physical Education & Sports
Director
Dept. of Phy. Edu. & Sports
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur


Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur



c) Geotagged Photos:





Latur, Maharashtra, India
Near BSNL Office, 9HXH+6WH, Rajshree Shahu Market, Jay Nagar, Sawe Wadi, Latur, Maharashtra 413512, India
Lat 18.398148°
Long 76.579888°
30/04/22 07:39 AM



Latur, Maharashtra, India
Chapsli Road, Darshan Vastra Bhandarachya Varthi, near Maharashtra Bank, Chandra Nagar, Sawe Wadi, Latur, Maharashtra 413512, India
Lat 18.398781°
Long 76.580102°
27/04/22 06:29 AM



Latur, Maharashtra, India
Near BSNL Office, 9HXH+6WH, Rajshree Shahu Market, Jay Nagar, Sawe Wadi, Latur, Maharashtra 413512, India
Lat 18.398194°
Long 76.579864°
27/04/22 06:31 AM

D) Copies of Brochure prepared for the Programme:



E) List Of Participation:

Shiv Chhatrapati Shikshan Sanstha's Rajarshi Shahu Mahavidyalaya (Autonomous) Latur Department of Physical Education & Sports Daily Attendance Register / Book 24/4/22				
Name of the Game :				
Sr. No.	Name of the Player	Class	Date	Signature
1.	Swarali Godse	Other		[Signature]
2.	Shendge Anpita	Other		[Signature]
3.	Suryate Dhanashri	Other		[Signature]
4.	Govate Yashvanti	BAFY		[Signature]
5.	Bhagvathi Madhad	Other		[Signature]
6.	Anhira Jadhav	Other		[Signature]
7.	Puthiya Poojili	Other		[Signature]
8.	Vaishnavi Dhananjay	Other		[Signature]
9.	Achha Konda	Other		[Signature]
10.	Manasi Jadhav	Other		[Signature]
11.	Priya Jadhav B.	MSFY		[Signature]
12.	Luyate Anushka	Other		[Signature]
13.	Mate Komal	Other		[Signature]
14.	Samiksha Sawant	---		[Signature]
15.	Sawati Kshirsagar	---		[Signature]
16.	Sapare Anushka	---		[Signature]
17.	Chhane Jyoti	BAFY		[Signature]
18.	Supriya Kadam	---		[Signature]
19.	Shruti Jyote	---		[Signature]
20.	Jit Chaurade	BAFY		[Signature]
21.	Saba Patil	---		[Signature]
22.	More Vshakha	BAFY		[Signature]
23.	Akshita Sontak	BAFY		[Signature]
24.	Pranjali Shirde	BAFY		[Signature]
25.	Venge Prachi	Other		[Signature]
26.	Navali Vaishnavi	BAFY		[Signature]
27.	Pooja Akshata	BSCFY		[Signature]
28.	Lomte Sakshi	BAFY		[Signature]
29.	Suryawansi Shradha	BSCFY		[Signature]

Shiv Chhatrapati Shikshan Sanstha's Rajarshi Shahu Mahavidyalaya (Autonomous) Latur Department of Physical Education & Sports Daily Attendance Register / Book				
Name of the Game :				
Sr. No.	Name of the Player	Class	Date	Signature
30.	Dhole Vaishnavi	BSCFY		[Signature]
31.	Santosh Basak	Other		[Signature]
32.	Khepe Vaishnavi	BSCFY		[Signature]
33.	Pawar Rohini	BSCFY		[Signature]
34.	Jadhav Sumedha	Other		[Signature]
35.	Pooja Akshata	BSCFY		[Signature]
36.	Venge Prachi	Other		[Signature]
37.	Shradha Suryawansi	BSCFY		[Signature]

Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
 Department of Physical Education & Sports
Daily Attendance Register / Book 27/4/22

Name of the Game: Yog. Pranayam & Dhanu Dharm Shibi

Sr. No.	Name of the Player	Class	Date	Signature
1.	Chayal Ishvari	other	27/4/22	Chayal
2.	Kamble Prasanna	other	"	PK
3.	Swarali Gajde	other	"	G
4.	Shenulge Anvika	other	"	A
5.	Dhanshri Surwase	other	"	D
6.	Kulkarni Madhura	other	"	M
7.	Falade Vaishnavi	BA.FY	"	F
8.	Hadhad Bhagyashwi	other	"	B
9.	Jadhav Ankita	other	"	A
10.	Patil Rutuja	Other	"	R
11.	Dhanore Vaishnavi	other	"	D
12.	Kandare Geeta	other	"	G
13.	Jadhav Manasvi	other	"	M
14.	Gayatri Bejwanje	other	"	G
15.	Kiiche Adal Borhan	BSc.SY	"	K
16.	Jadhav Priya B.	Msc.FY	"	P
17.	Avadhut Gayatri	other	"	A
18.	Talmare Nandani	other	"	T
19.	Mate Komal	other	"	M
20.	Saha Pashan	BSc.FY	"	S
21.	Swali Kshirsagar	BA.FY	"	S
22.	Jui Chouande	BA.FY	"	J
23.	Mane Ashwini	BA.FY	"	M
24.	Chamble Nyati	BA.FY	"	C
25.	Somwanshi Shraddha	B.com.FY	"	S
26.	Sargave Gayatri	B.com.FY	"	S
27.	Shweta Ingle	B.com.FY	"	S
28.	Sureya Kadam	other	"	S

Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
 Department of Physical Education & Sports
Daily Attendance Register / Book 27/4/22

Name of the Game: Yog. Pranayam & Dhanu Dharm Shibi

Sr. No.	Name of the Player	Class	Date	Signature
29.	Wankhede Vaishali	other	27/4/22	V
30.	Shinde Madhuranvi V.	M.Sc.FY	"	S
31.	Sameedhi Basate	other	"	S
32.	Dhole Vaishnavi	BSc.FY	"	D
33.	Khape Vaishnavi	BSc.FY	"	V
34.	Mane Gauri	other	"	M
35.	Jadhav Sumedha	B.com	"	J
36.	Patil Rohini	BSc.FY	"	P
37.	Burawanki Shraddha	BSc.FY	"	B
38.	Lomte Sakshi	B.com.FY	"	L
39.	Jadhav Vaishnavi	B.com.FY	"	J
40.	Kadam Vaishnavi	B.Sc.SY	"	K
41.	Mane Sakshi	B.com.FY	"	M
42.	Patil Akshata	B.Sc.SY	"	P
43.	Gawali Vaishnavi	B.com.FY	"	G
44.	Yenge Prachi	other	"	Y
45.	Shankh Sumatya	B.com.FY	"	S
46.	Shinde Piyanka	B.com.FY	"	S
47.	Blanksha Sanketke	B.Sc.SY	"	B
48.	More Vishakha Vikram	B.com.FY	"	M

DFay 2 <https://www.youtube.com/watch?v=DWD8eGcQmJE>

Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
 Department of Physical Education & Sports
Daily Attendance Register / Book 28/4/22

Name of the Game: Yog. Pranayam & Dhanu Dharm Shibi

Sr. No.	Name of the Player	Class	Date	Signature
1.	Jadhav Manasvi	other	28/4/22	M
2.	Bejwanje Gayatri	other	"	B
3.	Dhanshri Surwase	other	"	D
4.	Mane Ashwini	BA.FY	"	M
5.	Falade Vaishnavi	BA.FY	"	F
6.	Jadhav Ankita	other	"	A
7.	Hadhad Bhagyashwi	other	"	B
8.	Patil Rutuja	other	"	P
9.	Vaishali Wankhede	other	"	V
10.	Talmare Nandani	other	"	T
11.	Mate Komal	other	"	M
12.	Kadam Supriya	other	"	K
13.	Arpita Shinde	other	"	A
14.	Vaishnavi Dhanore	other	"	V
15.	Geeta Kandare	other	"	G
16.	Jadhav Priya B.	Msc.FY	"	P
17.	Madhura Kulkarni	other	"	M
18.	Vaishnavi Khape	BSc.FY	"	V
19.	Mane Gauri	other	"	M
20.	Jadhav Sumedha	B.com.FY	"	J
21.	Burawanki Shraddha	B.com.FY	"	B
22.	Chouande Jui	BA.FY	"	J
23.	Shweta Ingle	B.com.FY	"	S
24.	Sameedhi Basate	other	"	S
25.	Kamble Prasanna	other	"	K
26.	Chayal Ishvari	other	"	C
27.	Debmuth Storeya	B.com.FY	"	D
28.	More Vishakha V.	B.com.FY	"	M
29.	Shankh Sumatya Kadam	B.com.FY	"	S

Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
 Department of Physical Education & Sports
Daily Attendance Register / Book

Name of the Game:

Sr. No.	Name of the Player	Class	Date	Signature
30.	Patil Rohini Saurdag	B.Sc.FY	28/4/22	P

Day 3 <https://www.youtube.com/watch?v=MRYbmyuGjDA>

Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
Department of Physical Education & Sports
Daily Attendance Register / Book

31/10/22

Sr. No.	Name of the Player	Class	Date	Signature
1	Dhruv Suresh	Other	31/10/22	[Signature]
2	Sudhav Nikita	Other		[Signature]
3	Shri Rudra	Other		[Signature]
4	Harish Bhagyashri	Other		[Signature]
5	Sudhav Mohan	Other		[Signature]
6	Sudhav Mohan	Other		[Signature]
7	Sudhav Mohan	Other		[Signature]
8	Sudhav Mohan	Other		[Signature]
9	Sudhav Mohan	Other		[Signature]
10	Sudhav Mohan	Other		[Signature]
11	Mane Ashwini	B.A.T		[Signature]
12	Sudhav Mohan	Other		[Signature]
13	Mane Ashwini	Other		[Signature]
14	Mane Ashwini	Other		[Signature]
15	Mane Ashwini	Other		[Signature]
16	Mane Ashwini	Other		[Signature]
17	Mane Ashwini	Other		[Signature]
18	Mane Ashwini	Other		[Signature]
19	Mane Ashwini	Other		[Signature]
20	Mane Ashwini	Other		[Signature]
21	Mane Ashwini	Other		[Signature]
22	Mane Ashwini	Other		[Signature]
23	Mane Ashwini	Other		[Signature]
24	Mane Ashwini	Other		[Signature]
25	Mane Ashwini	Other		[Signature]
26	Mane Ashwini	Other		[Signature]
27	Mane Ashwini	Other		[Signature]
28	Mane Ashwini	Other		[Signature]

Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
Department of Physical Education & Sports
Daily Attendance Register / Book

31/10/22

Sr. No.	Name of the Player	Class	Date	Signature
29	Kandam Suresh	Other	31/10/22	[Signature]
30	Kandam Suresh	Other		[Signature]
31	Kandam Suresh	Other		[Signature]
32	Kandam Suresh	Other		[Signature]
33	Kandam Suresh	Other		[Signature]
34	Kandam Suresh	Other		[Signature]
35	Kandam Suresh	Other		[Signature]
36	Kandam Suresh	Other		[Signature]
37	Kandam Suresh	Other		[Signature]
38	Kandam Suresh	Other		[Signature]
39	Kandam Suresh	Other		[Signature]
40	Kandam Suresh	Other		[Signature]
41	Kandam Suresh	Other		[Signature]
42	Kandam Suresh	Other		[Signature]
43	Kandam Suresh	Other		[Signature]
44	Kandam Suresh	Other		[Signature]
45	Kandam Suresh	Other		[Signature]
46	Kandam Suresh	Other		[Signature]
47	Kandam Suresh	Other		[Signature]
48	Kandam Suresh	Other		[Signature]
49	Kandam Suresh	Other		[Signature]
50	Kandam Suresh	Other		[Signature]

Day 4 <https://www.youtube.com/watch?v=yFQ-qpvNc>

Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
Department of Physical Education & Sports
Daily Attendance Register / Book

31/10/22

Sr. No.	Name of the Player	Class	Date	Signature
1	Sudhav Nikita	Other	31/10/22	[Signature]
2	Sudhav Nikita	Other		[Signature]
3	Sudhav Nikita	Other		[Signature]
4	Sudhav Nikita	Other		[Signature]
5	Sudhav Nikita	Other		[Signature]
6	Sudhav Nikita	Other		[Signature]
7	Sudhav Nikita	Other		[Signature]
8	Sudhav Nikita	Other		[Signature]
9	Sudhav Nikita	Other		[Signature]
10	Sudhav Nikita	Other		[Signature]
11	Sudhav Nikita	Other		[Signature]
12	Sudhav Nikita	Other		[Signature]
13	Sudhav Nikita	Other		[Signature]
14	Sudhav Nikita	Other		[Signature]
15	Sudhav Nikita	Other		[Signature]
16	Sudhav Nikita	Other		[Signature]
17	Sudhav Nikita	Other		[Signature]
18	Sudhav Nikita	Other		[Signature]
19	Sudhav Nikita	Other		[Signature]
20	Sudhav Nikita	Other		[Signature]

Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
Department of Physical Education & Sports
Daily Attendance Register / Book

31/10/22

Sr. No.	Name of the Player	Class	Date	Signature
19	Sudhav Nikita	Other	31/10/22	[Signature]
20	Sudhav Nikita	Other		[Signature]
21	Sudhav Nikita	Other		[Signature]
22	Sudhav Nikita	Other		[Signature]
23	Sudhav Nikita	Other		[Signature]
24	Sudhav Nikita	Other		[Signature]
25	Sudhav Nikita	Other		[Signature]
26	Sudhav Nikita	Other		[Signature]
27	Sudhav Nikita	Other		[Signature]
28	Sudhav Nikita	Other		[Signature]
29	Sudhav Nikita	Other		[Signature]
30	Sudhav Nikita	Other		[Signature]
31	Sudhav Nikita	Other		[Signature]
32	Sudhav Nikita	Other		[Signature]
33	Sudhav Nikita	Other		[Signature]
34	Sudhav Nikita	Other		[Signature]
35	Sudhav Nikita	Other		[Signature]
36	Sudhav Nikita	Other		[Signature]
37	Sudhav Nikita	Other		[Signature]
38	Sudhav Nikita	Other		[Signature]
39	Sudhav Nikita	Other		[Signature]
40	Sudhav Nikita	Other		[Signature]

Day 5 <https://www.youtube.com/watch?v=sd8TzCJMrcQ>


Director
 Physical Education & Sports
Director
 Dept. of Phy. Edu. & Sports
 Rajarshi Shahu Mahavidyalaya
 (Autonomous), Latur


Principal
PRINCIPAL
 Rajarshi Shahu Mahavidyalaya
 (Autonomous), Latur

