



Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur
Department of Physical Education & Sports

A) Summary Report

1) Title of Programme:	'Yog Prashikshan Shibir'		
2) Name of the Organizing Department/ Unit:	Department of Physical Education & Sports and Health and Wellness Committee		
3) Name of the Coordinator(S)/ Convener(S)/ Organizer(S) of the Programme:	Dr. Anirudh Baburao Birajdar Dr. Swati Fere Mrs. Ratnrani Koli		
4) Date(S) of the Programme:	15 to 29 June 2022		
5) Venue:	College Main Stage (Online)		
6) Targeted Group:	All Staff & Students		
7) Number of Participants:	Male	Female	Total
	229		
8) Name and Details of Resource Person/ Guest:	Prof. Shahuraj Autade (Yoga Instructor, Patnjali Yog Samiti)		
9) Source of Funding:	Nil		
10) Total Expenditure:	Nil		

B) A Report:

i. **Title:** ‘Yog Prashikshan Shibir’

ii. **Introduction:**

The department of Sports and Health and Wellness Committee of the college organized “Yoga Prashikshan Shibir” from 15 June to 29th June 2022 with the help of Patanjali Yog Samiti, Latur.

iii. **Objectives:**

- To become physically fit
- To develop strength and flexibility
- To increase body awareness and mindfulness

iv. **Details of Participants:**


Participants attended this activity in online mode (RSML You Tube Channel) and offline mode.

v. **Brief Summary of Event / Session:** The department of Sports and Health and Wellness Committee of the college organized “Yog Prashikshan Shibir” from 15 June to 29th June 2022 with the help of Patanjali Yog Samiti, Latur. for this training programme Prof. Shahuraj Autade was present as trainer and he taught Yoga and Pranayam for all faculty members as well as students on the eve of International Yoga day. This training programme was held to make every one used to do Yoga and Pranayam on daily routine. Prof. Sadashiv Shinde (Vice principal) addressed all faculty members and students, how Yoga and Pranayam is useful to live healthy and peaceful life.

vi. **Conclusion, with Feedback on the Programme:**

This programme proved fruitful as well as beneficial for all faculty members and students they came to know the importance of Yoga, Pranayam and Meditation. Even learnt proper way of doing Yoga and Pranayam.

Date: 30 June 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 Photographs/ Screenshots:-



D) Copies of Brochure for the Programme:



E) Notice to student and letter to Instructor :

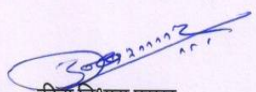
राजर्षी शाहू महाविद्यालय (स्वायत्त), लातूर

सूचना दि. 13/06/2022


महाविद्यालयातील सर्व शिक्षक, शिक्षकेत्तर कर्मचारी व विद्यार्थ्यांना सूचित करण्यात येते की, क्रीडा विभाग व हेल्थ अँड वेलनेस समिती मार्फत आंतरराष्ट्रीय योगा दिनानिमित्त दि. 15 ते 29 जून 2022 दरम्यान 15 दिवसाचा योगा ट्रेनिंग प्रोग्राम घेण्यात येणार असून याचा सर्वांनी लाभ घ्यावा.

वेळ: सकाळी 06.00 ते 07.00

स्थळ: महाविद्यालयाचे प्रांगण व Online (RSML You Tube Channel)



क्रीडा विभाग प्रमुख
Director
Dept. of Phy. Edu. & Sports
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur



प्राचार्य
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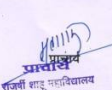
Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous),
Near Central Bus Stand, Chandra Nagar, Latur-413512 (Maharashtra)
Affiliated To Swami Ramanand Teerth Marathwada University, Nanded
Arts, Commerce, Science, Comp. Sci. & I.T., Biotechnology and B. Voc.
NAAC Accredited B++ Grade (3rd Cycle) with CGPA 2.59

Dr. Gopalrao Patil President	Anirudh Jadhav Secretary	Dr. Mahadev Gavhane Principal
जा.क्र.:रामाम/क्रीडा/२०२२-२३/७५		दि. १३/०६/२०२२

प्रति,
प्रा. शाहूराजे औताडे
योग शिक्षक, पतंजलि योग समिती,
लातूर.

विषय : पंधरा दिवसीय योग प्रशिक्षण शिबिरासाठी योग प्रशिक्षक म्हणून उपस्थित राहणे बाबत...

महोदय,
आमच्या महाविद्यालयात क्रीडा विभाग व हेल्थ अँड वेलनेस समितीच्या वतीने योगा ट्रेनिंग प्रोटोकॉलच्या अंतर्गत पंधरा दिवसीय योग प्रशिक्षण शिबिराचे आयोजन करण्यात येत आहे. या शिबिरासाठी आपण दि. १५ ते २९ जून २०२२ दरम्यान सकाळी ०६.०० ते ०७.०० वा. उपस्थित राहून योगाभ्यास घ्यावा, ही विनंती.
धन्यवाद!


प्राचार्य
राजर्षी शाहू महाविद्यालय
(स्वायत्त), लातूर

Dr-2022-23 (P)-23, Latur/Alkur, Maharashtra, Latur (P)
E-mail: principal@shahucollege.latur.org.in, Website: www.shahucollege.latur.org.in Ph: (02382) 245933, 245380 Fax: (02382)253645 J.Sci. College: (02382)253656


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आभार पत्र

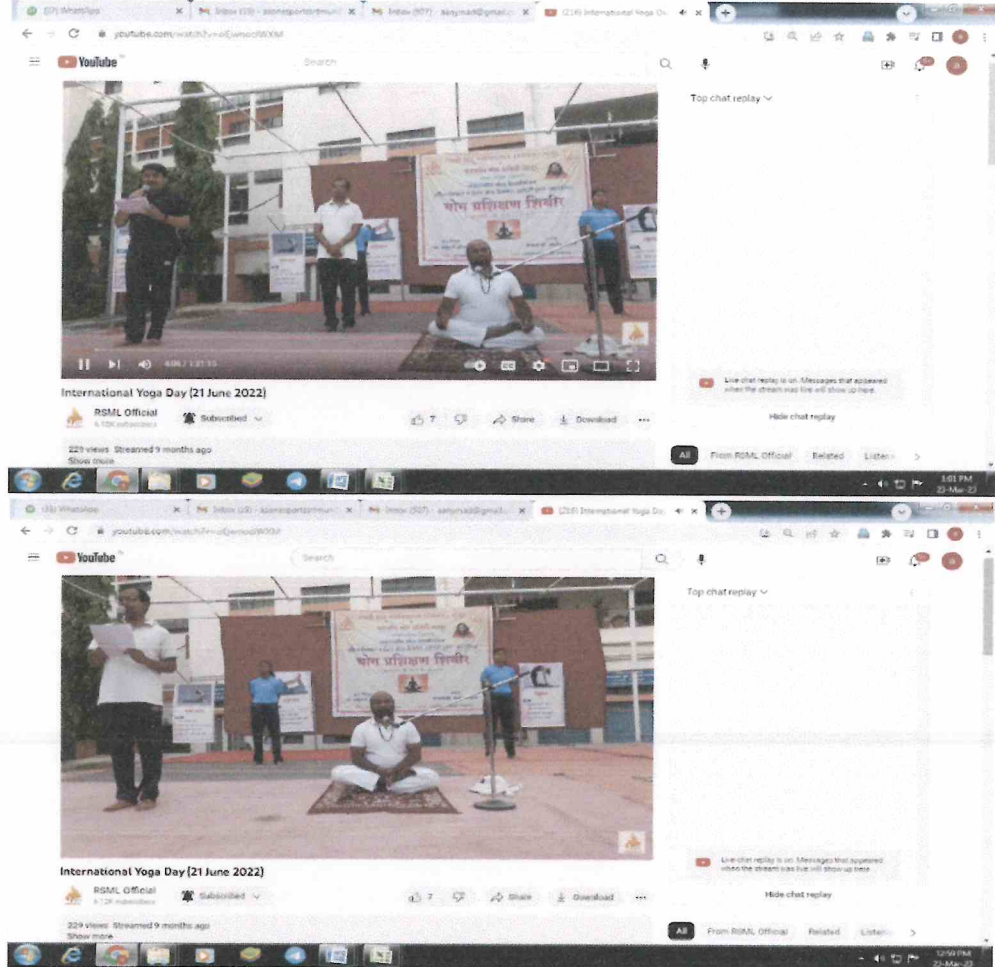
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यापुढील असेच सहकार्य लाभेल ही अपेक्षा.
धन्यवाद!


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F) You tube links of programme :



- <https://youtube.com/live/Apdob4m55ug?feature=share>
- <https://youtube.com/live/Uu3S-BDBDoo?feature=share>
- <https://youtube.com/live/kzcg- qTvKo?feature=share>
- <https://youtube.com/live/C03xNwz5Xgl?feature=share>
- <https://youtube.com/live/oEjwnociWXM?feature=share>
- <https://youtube.com/live/fGt5j78DFH0?feature=share>
- <https://youtube.com/live/Xw2pct2KpdE?feature=share>
- <https://youtube.com/live/wbqIYGEIROM?feature=share>
- <https://youtube.com/live/QfDq2Tv546w?feature=share>
- <https://youtube.com/live/b91cVy394 M?feature=share>
- <https://youtube.com/live/07VwOQLYAPA?feature=share>
- <https://youtube.com/live/SNzVi7m53DE?feature=share>

Date: 30 June 2022


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