



Shri Shahu Chhatrapati Shikshan Sanstha's
SHRI SHAHAJI CHHATRAPATI MAHAVIDYALAYA
2968, 'C' Dasara Chowk, Kolhapur-416 002.

Estd. 1971

Affiliated to - Shivaji University, Kolhapur-416 004, Maharashtra
Accredited by NAAC (3rd Cycle) with Grade 'A' (CGPA-3.13)

Website : www.shahajicollege.ac.in

E-mail : sscm34.cl@unishivaji.ac.in

Prin. Dr. R. K. Shanediwan - M.A. B.Ed. Ph.D.NET (Marathi) B.J.

Phone : (O) (0231) 2644204, (M) 9960995853

Programme Report: 2023-2024 - 1

Day: --- Date: 05 to 20 June 2023 Time: 08 to 09 am.

1. Name of the Department : Physical Education and Sports
2. Name of the Programme : A 15 Days Yoga Camp 2023
3. Objectives of the Programme :
4. Outcomes of the Programme :
5. Brief Summary of the Programme: A 15-Day Yoga Camp 2023

On the occasion of International Yoga Day, a 15-day yoga camp was organized from June 5th to June 20th, 2023, in collaboration with the Department and Yoga VidyaDham. This initiative was conducted under a Memorandum of Understanding (MoU). The camp was led by esteemed Art of Living yoga instructor Prof. RanjitPatil, who skillfully demonstrated the various benefits of yoga postures for physical health. Participants included students, athletes, and NCC cadets, all of whom actively engaged in the sessions. The camp aimed to promote holistic well-being and foster a deeper understanding of yoga practices. The meticulous planning and coordination of the camp were overseen by Dr. Prashant Patil.

6. Table Programme : ----
7. Photos of the Programme : (Minimum two Geotagged Photos)
8. Attendance Sheet : Enclosed next page
9. News Published in Newspaper : If it is published then essential
10. Seal and Signature of the Head of the Department: Dr. Prashant B. Patil



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Shri Shahu Chhatrapati Shikshan Sansthas
Shri Shahaji Chhatrapati Mahavidyalaya,
Dasara Chowk, Kolhapur

Department of NCC and Sports
15 Days Yoga Training Camp 2023



Practice session conduct by Prof. R. S. Patil



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Programme Report: 2023-2024 - 2

Day: Wednesday

Date: 21 June 2023

Time: 08 to 10 am.

- 1. Name of the Department : Physical Education and Sports**
- 2. Name of the Programme : International Yoga Day (2023)**
- 3. Objectives of the Programme :**
- 4. Outcomes of the Programme :**

5. Brief Summary of the Programme: International Yoga Day (2023)

International Yoga Day 2023 was celebrated on June 21st, jointly organized by the Department and Yoga Vidya Dham under a Memorandum of Understanding (MoU). The event saw the presence of Acharya Yogeshwar Anand Avadhoot and Prof. R. S. Patil. Honorable Principal Dr. R. K. Shanediwan chaired the program. Acharya Yogeshwar Anand Avadhoot emphasized the importance of yoga and meditation for academic studies to the students. Additionally, Prof. R. S. Patil elucidated on the benefits of yoga asanas for the body. The ceremony was attended by all faculty, administrative staff, and students. Captain Dr. Prashant Patil coordinated the planning of the event.

- 6. Table Programme : ----**
- 7. Photos of the Programme : (Minimum two Geotagged Photos)**
- 8. Attendance Sheet : Enclosed next page**
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- 10. Seal and Signature of the Head of the Department: Dr. Prashant B. Patil**



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Shri Shahu Chhatrapati Shikshan Sansthas
Shri Shahaji Chhatrapati Mahavidyalaya,
Dasara Chowk, Kolhapur

Department of NCC and Sports
Celebrating International Yoga Day 2023



Guest Lecture: Acharya Yogeshwar anand Avdhut
President: Principal Dr. R. K. Shanediwan



Practice session conduct by Prof. R. S. Patil



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Programme Report: 2023-2024 - 3

Day: Thursday

Date: 13 July 2023

Time: 09 to 11 am.

- 1. Name of the Department : Physical Education and Sports**
- 2. Name of the Programme : Women's Self Defence Workshop (2023)**
- 3. Objectives of the Programme :**
- 4. Outcomes of the Programme :**

5. Brief Summary of the Programme: Women's Self Defence Workshop

On July 13, 2023, a Women's Self Defence Workshop was conducted by the Sports Department and Women Development Committee of the college. The workshop aimed to empower female students with essential self-defence skills. Distinguished guests including Dr. Sandeep Patil, President of the KumfuWushu Association, Coach Mr. UmeshChaugule, former student AtulSalokhe, and their colleagues shared valuable insights on how to address sudden challenges in society and demonstrated techniques for self-protection. The coaches were honoured for their contributions to the workshop by Principal Dr. R. K. Shanediwan. The event witnessed the participation of all female professors and students, highlighting the collective commitment to promoting women's safety and empowerment. The meticulous planning of the workshop was undertaken by Dr. Mrs. N. D. KashidPatil and Dr. Prashant Patil.

- 6. Table Programme : ----**
- 7. Photos of the Programme : (Minimum two Geotagged Photos)**
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Shri Shahaji Chhatrapati Mahavidyalaya, Kolhapur
Department of Sports
Self Defence workshop for Girls



Guest Coaches: Dr. Sandip Patil (President, Kunfu Wushu Association)
Mr. Umesh Chaughule (Black belt), Mr. Atul Salokhe (National Player)