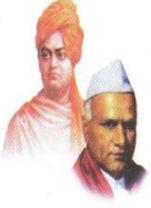


Jr. College Recog. No. H.S.C./1077/31029/XII/HS dt:10/06/1977
Jr. College Code No. 22-02-001

"Dissemination of Education for Knowledge, Science & Culture"

-Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's



RAJE RAMRAO MAHAVIDYALAYA, JATH

Dist. Sangli (Maharashtra) 416 404

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Estd : June 1969



NAAC Reaccredited : "A" Grade (Fourth Cycle) ISO 9001:2015 Certified

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N.C.C., Yoga & Meditation Cell And IQAC

Report of One Month Yoga Shibir on

"YOGA AND MEDITATION" (21st MAY, 2024 to 21st JUNE, 2024) Jointly Organized By

D. K. Career Academy, Jath
With

N.C.C, Yoga & Meditation Cell And IQAC
Raje Ramrao Mahavidyalaya, Jath,
Dist- Sangli(M.S.)

Submitted to

IQAC (Internal Quality Assurance Cell)
Raje Ramrao Mahavidyalaya, Jath-416 404;
Dist.-Sangli (M.S.), India



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AIM AND OBJECTIVES OF SHIBIR

AIM

1. To raise the awareness worldwide of the many benefits of the practicing yoga.
2. To develop mind power of students and faculties.

OBJECTIVES

1. To let people know the amazing and natural benefits of yoga.
2. To connect people to the nature by practicing yoga.
3. To make people get used of meditation through yoga.
4. To draw attention of the people worldwide towards the holistic benefits of yoga.
5. To reduce the rate of health challenging diseases all over the world.
6. To bring communities much close together to spend a day for health from busy schedule.
7. To make people aware of physical and mental diseases and its solution through practicing yoga.



Brief Information

Sr. No.	Title	Details
1	Organizing Department	N.C.C., Gymkhana Dept. & IQAC With D. K. Career Academy , Jath
2	Title of Activity	One Month Yoga Shibir on “ YOGA & MEDITATION”
3	Day and Date of Activity	21 st May, 2024 (At 8:00 am) To 21 st June, 2024 (At 8:00 am)
4	Venue/Platform	College, Indoor Game Hall.
5	Total Registration	92
6	Participation:	Total
	Gender	
	Male	62
	Female	40
	Designation	
	Students	92
	Faculty	10
	Private Employ ees	07
	University	
	Home	102
	Other	00

दुरध्वनी : ०२३३ २९९०५७९

१६ महाराष्ट्र राष्ट्रीय छात्रसेना कार्यालय
विलिंगडन कॉलेज परिसर,
विश्रामबाग सांगली ४१६ ४१५.

ट्रेनिंग/योगा डे /२०२४

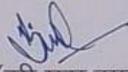
जून २०२४

मा प्राचार्यसो/मुख्याध्यापकसो,

.....
.....

आंतरराष्ट्रीय योग दिवस 2024

1. 21 जून 2024 रोजी आंतरराष्ट्रीय योग दिवस साजरा केला जाणार आहे. या वर्षाची थीम 'महिला सक्षमीकरणासाठी योग' आहे.
2. तुम्हाला विनंती आहे की 21 जून 2024 रोजी तुमच्या संस्थेमध्ये सकाळी आंतरराष्ट्रीय योग दिन साजरा करण्यासाठी एक कार्यक्रम आयोजित करावा. विनंती आहे की :-
 - (a) जास्तीत जास्त ANOs/ कॅडेट्सची उपस्थिती सुनिश्चित करणे आवश्यक आहे आणि ते उपलब्धतेनुसार NCC टी-शर्ट आणि ट्रॅक सूटमध्ये असावेत.
 - (b) कॅडेट्स व्यतिरिक्त, तुमच्या संस्थेतील जास्तीत जास्त विद्यार्थी देखील असावेत
 - (c) उच्च रिझोल्यूशनचे फोटो आणि व्हिडिओ जीपीएस डेटासह आणि ईमेलद्वारे जीपीएस डेटाशिवाय शेअर केले जातील. रिझोल्यूशन कमी झाल्यामुळे whatsapp वर कोणतेही फोटो/व्हिडीओ शेअर केले जाणार नाहीत.
 - (d) या वर्षाची थीम लक्षात घेऊन, या कार्यक्रमादरम्यान SW आणि JW कॅडेट्सना जास्तीत जास्त महत्त्व दिले जावे.
3. कृपया माहिती आणि आवश्यक कार्यवाहीसाठी.


(सी एस साठये)
कर्नल
समादेशक अधिकारी

Jr. College Reg. No. H.S.C./107731028XXXX & 1006/1977
Jr. College Code No. 22-02-001

Estd : June 1969

"Dissemination of Education for Knowledge, Science & Culture"

- Shikshanmaharshi Dr. Bapuji Salunkhe



Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's
RAJE RAMRAO MAHAVIDYALAYA, JATH

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Notice

Date-10/5/2024

All Staff members, students & NCC cadets of our college are herewith informed that on occasion of International Yoga Day- 2024, we organize one month 'Yoga & Meditation' workshop from 21st May to 21st June 2024.

Hence-for all cadets register their names in NCC office from 10 May to 21st May 2024.

For further contact:9049949901



Capt. P.A. Sawant

Associate NCC Officer

Company Commander
NCC.R.R.College, Jat.



“Dissemination of Education for Knowledge, Science and Culture”
- Shikshanmaharshi Dr. Babuji Salunkhe



Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's

Raje Ramrao Mahavidyalaya, Jath

Tal. Jath, Dist. Sangli

National Cadets Corps (NCC),

Gymkhana Department & IQAC Celebrates

9th International Yoga Day

21th June 2024



Ku. Khusabu Mujawar
Yoga Trainer



Prof. (Dr.) Suresh S. Patil
Principal

Organising Committee

Capt. P. A. Sawant (Associate N. C. C. Officer)

Dr. S. R. Kulal (IQAC Cordinator)

Mr. A. S. Mule (Director of Phy. Edu. and Sports)

PHOTOGRAPHS



Common Yoga Potocol: Principals few words



Common Yoga Potocol: Standing Aasan

PHOTOGRAPHS



- **Common Yoga Potocol: Seating & Sleeping Aasan**



- **Common Yoga Potocol: Seating & Sleeping Aasan**

Shri Swami Vivekanand Shikshan Santha Kolhapur
Raje Ramrao College Jath, Dist. Sangli
 Dept of NCC
 (Daily Attendance sheet)



One Month "Yoga & Meditation" Shibir 2024-25 (21st May to 21st June 2024)

Sr. No.	CADETS No.	NAME	11-06-24	12-06-24	13-06-24	14-06-24	15-06-24	16-06-24	17-06-24	18-06-24	19-06-24	20-06-24	21-06-24
1	MH2024ADIA 4410731	WAGHMODE ASHWINIKAN	AB										
2	MH2024ADIA 4410728	LOKHANDE PHAVIN BHANU	AB										
3	MH2024ADIA 4410754	SORARE SACHIN POKHT	Sonne										
4	MH2024ADIA 4410732	MAHE ASHVEET SAKMAN	(M)										
5	MH2024ADIA 4410735	JAVRI ANANDA PRANOD	AB										
6	MH2024ADIA 4410736	LOKHANDE HARSHAD GOPAL	AB										
7	MH2024ADIA 4410734	SHEJIL OMAR DHULE	S.O.D										
8	MH2024ADIA 4410735	SAYANI PRUTHVIRAM BASAN	AB										
9	MH2024ADIA 4410727	KAMBLE ACHYA RAJENDRA	ARK										
10	MH2024ADIA 4410737	SHINDE LAXMAN MANJURANG	AB										
11	MH2024ADIA 4410730	GADGE SOHAM SHIRAMANT	SSG										
12	MH2024ADIA 4410726	PARNAL ANAND RAJESH	ARP										
13	MH2024ADIA 4410723	KHANDERKAR SANKA BHALSAHEB	AB										
14	MH2024ADIA 4410724	CHAVAN PRANALI BHARAT	CA										

8:46 am

HD

HD

HD

HD

Brief Summary of One Month Shibir

International Day of Yoga 2024, to be observed today, i.e. Friday (21 June 2024) carries a theme of “**Yoga for Self and Society**”, which is intended at bringing to light the physical, mental, and emotional state of peoples. Hence institute arranged **FREE OF COST** one month Yoga & Meditation **Shibir** Collaborated with **D. K. Career Academy, Jath** on the behalf of 10th international yoga day. The One Month Yoga & Meditation Shibir was started from 21st May 2024 to 21st June 2024 under the guidance of Yoga Guru Kum. Khushabu Mujawar of D. K. Career Academy, Jath. Capt. P. A. Sawant, Coordinator of Yoga & meditation Cell, R. R. College Welcome the Yoga Guru and the all participants in Shibir day to day. The schedule of Yoga & Meditation Shibir is fixed for one month. Sharply at 8:00 am the Shibir started with pray of Shri Swami Vivekanand Shikshan Sanstha Kolhapur. Then after common Yoga protocol and lastly the pray of Yoga. Same way on 21st June 2024, 10th International Yoga Day is celebrated. The feedback of participant is unbelievable. The participants were enjoying the Shibir very nicely. The teaching staff and nonteaching staff were involved in the shibir. Prof.(Dr.) S. S. Patil, Principal, R. R. Mahavidyalaya, he talked about the Shri Swami vivekanand Shikshan Sanstha Kolhapur. Kum. Khushabi Mujawar of Yoga Guru, D. K. Career Academy. Jath introduced the Common Yoga Protocol and explained about various yoga exercises conducted during the session.

Asanas in different positions:

1. Standing.
2. Lying down on spine.
3. Lying down on abdomen.
4. Other asanas.

Lastly he deliberated the question and answer session after compilation of Common Yoga Protocol. The students and other participants asked very interesting and thought provoking questions which were suitably replied by Yoga guru Kum. Khushabi Mujawar. Vote of thanks was extended by Dr. Shivaji Kulal, IQAC Coordinator, Raje Ramrao Mahavidyalaya. Prof. Anup Mule-physical director R.R. Mahavidyalaya Jat- He was Anchor in Shibir.

-Capt. P. A. Sawant
(A. N. O.)

“Dissemination of Education for Knowledge, Science & Culture”

-Shikshanmaharshi Dr. Bapuji Salunkhe.

SHRI SWAMI VIVEKANAND SHIKSHAN SANSTHA, KOLHAPUR'S

RAJE RAMRAO MAHA VIDYALAYA, JATH

N.C.C., Gymkhana Dept. & IQAC

With

D. K. CAREER ACADEMY, JATH

ONE MONTH YOGA SHIBIR ON

“YOGA & MEDITATION”

(21st MAY 2024 to 21st JUNE 2024 at 8:00 a.m. to 9:00 a.m.)

8:00 am: Pray of Shri Swami Vivekanand Shikshan Sanstha, Kolhapur

8:05 am: COMMON YOGA PROTOCOL.

Kum. Khushabu Mujawar

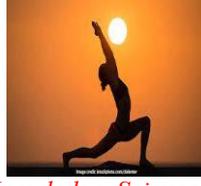
(Yoga Guru, D. K. Career Academy, Jath)

9:00 am: Yoga Pray

IQAC Director- Dr. Shivaji. R. Kulal

Organizing secretary- Capt. Pandurang A. Sawant

CERTIFICATE



"Dissemination of Education for Knowledge, Science & Culture"

-Shikshanmaharshi Dr. Bapuji Salunkhe.

Shri Swami Vivekanand Shikshan Sanstha , Kolhapur's

Raje Ramrao Mahavidyalaya, Jath

(Affiliated to Shivaji Universty, Kolhapur)

One Month Yoga Shibir On

"Yoga & Meditation"

Organized By

N.C.C, Gymkhana & IQAC

With

D. K. CAREER ACADEMY JATH.



CERTIFICATE

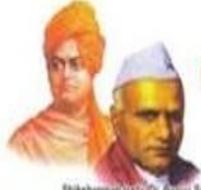
This is to certified that Mr./Miss./Dr. **Cdt. Suvarna K. Sawant** has participated in **One Month Yoga Shibir on "Yoga & Meditation"** from 21st May to 21st June 2024 jointly organized by **N.C.C., & IQAC** Raje Ramrao Mahavidyalaya, Jath -416404 Dist.-Sangli, Maharashtra, India.

Capt. P. A. Sawant
Organizing Secretary

Dr. S. R. Kulal
IQAC Coordinator

Shri. Deepak Kamble
D. K. Career Academy

Dr. S. S. Patil
Principal



Shikshanmaharshi Dr. Bapuji Salunkhe
Born: 18/08/1878, Died: 21/11/1951

Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's
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Thanking Letter

Date: June 21, 2024.

To,
Kum. Khushabu Mujawar (Yoga Guru)
D. K. Career Academy, Jath,

Respected Sir,

In respect to our kind invitation and request, you accepted the invitation and delivered a fruitful and insightful guidance in "ONE MONTH YOGA & MEDITATION SHIBIR" And Celebration of 10th INTERNATIONAL YOGA DAY" which is organized on 21st June. 2024. Sir this shibir definitely helpful to our students to make good health and mind. It is a symbol proud, Valour and steadfast citizen of our country.

Raje Ramrao Mahavidyalaya extends our deep gratitude and cordial appreciation to you.

Thanking you,

Yours



Prof.(Dr.) S. S. Patil
Principal



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Date- 21/5/2024 to 21/6/2024

OUTCOMES OF YOGA AND MEDITATION SHIBIR

- The results of the camp indicate that the practice of Yoga and meditation increased the consciousness of individuals.
- Importantly, the practice has considerable effect on all dimensions of consciousness over time.
- The impact is more and relatively immediate on social and self-consciousness.
- Thus an individual becomes more aware about self as a person and is able to connect oneself with others.
- Also, initially after four weeks of practice the practitioners did not show significant change in physical and emotional consciousness but there was significant increase in these dimensions of consciousness after four weeks of practice of yoga and meditation.
- A longer duration of practice may have significant effect on mental and spiritual consciousness.