

Shri Shivaji Shikshan Prasarak Mandal, Barshi's
Shri Shivaji Mahavidyalaya, Barshi

**Summary of programs under capacity development and skills
enhancement activities are organised for improving students' capability**

Yoga and Meditation

Yoga gives persons good health, stamina, higher working capacity with alertness and intelligence of mind. In Pranayama, one can find the hidden power of the breath, which will not only give physical and spiritual benefit but also may enhance your life span, depending upon the rate of your breathing.

The college organizes yoga and pranayama programmes for students as well as for teachers. The programmes are arranged in collaboration with Shri Ambika Yog Kuthir Thane Branch, Barshi.

Yoga and Meditation Programme was organized by Mrs. Vijaya Jagtap from 03/09/2018 to 02/10/2018 in association with Shri Ambika Yog Kuthir Thane, Branch, Barshi in which 208 people were present. The participants were given the information about the importance of yoga and meditation in everyday life.

The guidance regarding life skills (Yoga, physical fitness, health and hygiene) was given by Shri. Ambika Yog Kutir Murlidhar Mandir, Navi Chati Galli, Vir Savarkar chowk, Barshi. Dist: Solapur from 10/8/2020 to 09/09/2020 in which 25 trainees were present. The topics related to the life skills were assigned to the students to know about their viewpoints. The experts gave the basic tips to make the life worth living. They gave the guidance to the students citing different instances. The discussion forum was conducted to understand the different situations.

Lifeskills: Yoga was arranged by Shri. Ambika Yog Kutir ,Murlidhar Mandir, Navi Chati Galli, Vir Savarkar Chowk, Barshi from 30/05/2022 to 04/06/2022 in which one participant was present. LifeSkills: Yoga was conducted by Shri. Ambika Yog Kutir, Murlidhar Mandir, Navi Chati Galli, Vir Savarkar Barshi from 08/08/2022 to 14/08/2022. The trainees were given information about the yogic exercises and their importance in everyday life. The basic asanas were taught to the participants and asked to practice them regularly.




PRINCIPAL
Shri Shivaji Mahavidyalaya,
Barshi, Dist. Solapur-413411.



Mrs Vijaya Jagtap while guiding the students about yogasanas Date: 10-08-2020



Students while doing the yogasanas Date: 10-08-2020





श्री शिवाजी शिक्षण प्रसारक मंडळ, बारशी संचालित

श्री शिवाजी महाविद्यालय, बारशी

राष्ट्रीय सेवा योजना

शासकीय शिक्षण आणि संस्कृत विभाग यांच्या संयुक्त सहकार्याने

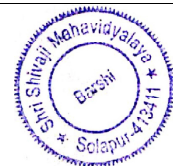
कर्मवीर डॉ. मामासाहेब जगदाळे यांच्या ४१ व्या पुण्यतिथी निमित्त व आंतरराष्ट्रीय योग दिवस २०२२ चे औचित्य साधून योग सप्ताह कार्यशाळा

कार्यक्रमाची रूपरेखा

उद्घाटन : सोमवार दि ३० मे, २०२२ वेळ सकाळी ९ ते १२ उद्घाटक : भा. डॉ. चिन्मय देशमुख प्रमुख पाहुणे : भा. श्री. जयकुमार (बापू) शिर्गोळे, अध्यक्ष : भा. डॉ. भारती रेवडकर		
सोमवार दि ३१ मे, २०२२ साधन व्यक्ती : डॉ. विजया जगदाळ विषय : शासकीय स्वास्थ व आहार	द्वितीय दि ०१ जून, २०२२ साधन व्यक्ती : डॉ. डॉ. ए. जी. कोरडे विषय : योग-नाशानासक मुक्तीचे व्यवस्थापन	बुधवार दि ०२ जून, २०२२ साधन व्यक्ती : डॉ. डॉ. एम. निखाडकर विषय : प्राणायाम आणि योगिक क्रिया
गुरुवार दि ०३ जून, २०२२ साधन व्यक्ती : डॉ. डॉ. एम. फारसडे विषय : सामान्य जीवनशैली सुलभ (वेदभूता व आमने)		
शनिवार दि ०४ जून, २०२२ साधन व्यक्ती : डॉ. डॉ. अरुण. एस. भागवतकर विषय : शरीर सवुद्धीसाठी योगासने		
समाप्ती : शनिवार दि ०४ जून, २०२२ वेळ सकाळी १० ते १२ प्रमुख पाहुणे : भा. प्राचार्य डॉ. एस. एस. मोरे, अध्यक्ष : भा. डॉ. भारती रेवडकर		



The yoga Program arranged on the occasion death anniversary Dr. Mahasaheb Jagdale Date: 30-05-2022





Mrs. Madavi Kulkarni while guiding trainees in the yaga programme
Date: 14-08-2022



Students while doing the yogasanas Date: 14-08-2020

