



Vidya Bharati Mahavidyalaya, Amravati



Report on Yoga and Meditation

Annual Report

Session 2014-2015

A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both the body and mind. Yoga Postures, Pranayama and Meditation are effective techniques to release stress. Meditation is relaxation which gives calm mind, good concentration and rejuvenation of the body and mind etc. Yoga is a great remedy to remove tensions. Yoga helps students, teachers, and workers by giving them emotional strength so that they can easily manage all pressures and can give them best intellectual abilities.

In view of this, Vidya Bharati Mahavidyalaya has conducted Five different activities such as two Seven days Yoga Camp for women, Seven days Yoga Camp, One Day Yoga Camp For Children and Certificate Course in “Yoga and Meditation” for students, teachers and society. The trained Yoga Trainers Dr. P. R. Rajput Associate Professor Chemistry, Dr. V. V. Parhate Associate Professor Chemistry and Dr. M. M. Rathore Assistant Professor Chemistry have taken classes with higher level of dedication. They have also explained remedies for personal health problems to the participants with lot of patience.

- Seven days Yoga Camp organized for women from 17th to 23rd September,2014 at Ekta Mahila Mandal, Rathinagar, Amravati in which 30 women participated. The main aim was to remove tensions of women. She has to play multiple roles with her skills.



Participants performing “*Bhramari Pranayama*”



Dr. V. V. Parhate explaining about importance of “*Yog-Nidra*” & all participants doing “*Yog-Nidra*”

- Department of Chemistry, Vidya Bharati Mahavidyalaya, Amravati conducted Certificate Course in “Yoga and Meditation” from 1st to 15th September, 2014 for the students of UG. The trained Yoga Trainers Dr. P. R. Rajput, Dr. V. V. Parhate and Dr. M. M. Rathore have taken classes with higher level of dedication.



Participants performing “*Dhyanasana*”



Participants performing “*Shavasana*”

- From 14th to 21st December, 2014 Vidya Bharati College, Amravati conducted One Week Health Awareness Program for students and society at Gadge Baba Samadhi Mandir, Gadge Nagar, Amravati. The main aim was to realize and manage mind, body and emotions.



Dr. V.V. Parhate explaining the importance of “Yoga and Meditation”



Participants performing “Yogasana”

- Yoga trainer Dr. Vandana Parhate organized and conducted Yoga Camp from 8th to 14th January, 2015 at Jeevan chhaya Colony, Amravati. Twenty five women actively participated in this camp.



Participants performing “Anulom-Vilom Pranayama”

- One day Yoga Training Camp organized at Hanuman Mandir, Sawarkhed on 30th March, 2015 in which 100 children, male and female participated. The main aim was to increase awareness and achieve a peaceful body and mind.



Children participated in the *Yoga* training camp