



**VidyaBharatiMahavidylaya, Amravati**



## **Report on Yoga and Meditation**

### **Annual Report**

#### **Session 2016-2017**

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 six different activities such as seven days Yoga Camp, Three days Yoga protocol Camp, International Yoga Day, Sahayog Training Camp, One day Yoga Camp for children and Certificate Course on “Yoga and Meditation” for students, teachers and society. The trained Yoga Trainers Dr.P.R.Rajput, Dr. V. V. Parhate Associate Professor Chemistry and Dr. M. M. Rathore NCC Officer have taken classes with higher level of dedication. They have also explained remedies for personal health problems to the participants with lot of patience.

- Dr.V.V.Parhate conducted One Week Yoga Session from 14<sup>th</sup> to 21<sup>st</sup> December, 2016 at Gadge Baba Samadhi Mandir, Gadge Nagar, Amravati in which 40 *sadhak* participated. The main aim was to realize and manage mind, body and emotions.



**Dr. V. V. Parhate explaining the benefits of “Yog sadhana”**



**Participants performing “Micro-Yogasana”(Sukshmakriya)**

- Three days” Yoga Training Camp” according to Government protocol organized by Patanjali Yog Samiti, Amravati in Collaboration with Vidya Bharati Mahavidyalaya, Amravati from 18<sup>th</sup> to 20<sup>th</sup> June,2016 at Zilha Stadium, Amravati for students, teachers and society in which 70 participants were present. The main aim was to provide basic knowledge of Yoga and its mental, physical and spiritual impact on day to day life.



**Dr. V. V. Parhate and Trainees performing “Anulom-Vilom” Pranayama**



**Dr. V. V. Parhate, Trainee and Participants performing “Dhyana Sadhana”**

- Department of Chemistry, Vidya Bharati Mahavidyalaya, Amravati conducted Certificate Course in “Yoga and Meditation” from 15<sup>th</sup> to 29<sup>th</sup> Sept. 2016 for UG students 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.



**Students performing “*Hastapadasana*” under Certificate Course**

- On 21<sup>st</sup> June 2016 Vidya Bharati GEMS celebrated 2<sup>nd</sup> “**International Yoga Day**” by organizing a special Yoga session in which 121 students, teachers and non-teaching staffs along with Dr. P. R. Rajput, Dr. V. R. Deshmukh, Head Department of Botany, Dr. R. M. Patil, IQAC Coordinator and Dr. M .M. Ratore, NCC officer and Dr. Dnyaneshwari Wankhade, Director of Physical Education performed various ‘*Asanas*’ under the guidance of Dr. V. V. Parhate. “**Connect the Youth**” was the theme of this International Yoga Day. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students and teachers. In the present day when students face stress, tension, fear, etc., simple ‘*Asanas*’ can help dispel these.



**Vidya Bharati Mahavidyalaya celebrated 2<sup>nd</sup> “International Yoga Day”**

- Organized 25 days “Sahyog Training Camp” from 5<sup>th</sup> January to 30<sup>th</sup> January 2016 at Gadge Baba Samadhi Mandir, Gadge Nagar, Amravati. In which 30 participants have taken part and effectively performed Yoga Postures, Shatakarma and learned *Yogsutra*, *Sharirshastra* under the guidance of Dr. Vandana Parhate, Dr. M. M. Rathore and her trainees. The main aim was to equip oneself with basic knowledge about one’s personality, to learn to handle oneself well in all life situations to learn techniques of gaining good health, attain higher level of consciousness and to face the dualities of life with equanimity.



**Dr. M. M. Rathore explaining Physiology of Human body**



**Participants performing “Dhyan Sadhana”**

- One day Yoga Training Camp organized at Hanuman Mandir, Sawarkhed on 18<sup>th</sup> April,2016 in which 100 children, male and female participated. The main aim was to increase awareness and achieve a peaceful body and mind.



Children performing "*Bhramari Pranayama*"