



**Vidya Bharati Mahavidyalaya, Camp, Amravati**

## **Yoga and Meditation: Stress Management**

युज्यते अनेन इति योगः!

A photographer gets people to pose for him.  
A yoga instructor gets people to pose for themselves



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## Yoga and Meditation for Stress management

Yoga is a group of physical, mental, and spiritual practices or disciplines. It is a useful disciplined method for attaining a goal with myriad number of techniques of controlling the body and the mind. Yoga is a sure and permanent approach for achieving peace of mind. It is a noble way to handle stress. Yoga is a mind body practice that combines stretching exercises, controlled breathing relaxation. It is restraint of the activities of the mind and can become more toned, flexible and stronger the body.

### Asanas and pranayam for stress relief for e.g.

**Uttanasana** is a unique Yoga pose which reduces mine depression, fatigue and stress because of reversing the blood circulation.




**AdhoMukhaShvanasana is an amazing stress relieving yoga pose that helps in waking up the senses and reduces fatigue and tiredness.**



**Paschimottanasana can help distracted mind unwind.**




**Balasana is the most relaxing yoga pose that helps in calming the mind and rejuvenating the body with energy.**




A person with curly hair, wearing a black tank top and black pants, is performing Balasana (Child's Pose) on a purple mat. They are in a kneeling position, leaning forward with their forehead resting on the floor, arms extended forward, and hands flat on the floor.

**Savasana is a complete posture of relaxation which de-stresses your central nervous system. The complete mind and body are relaxed.**

**Yoga nidra means psychic sleep. It rests both the mind and body. It removes tension and restores the elasticity of mind.**



A person with dark hair, wearing a black tank top and black pants, is performing Savasana (Corpse Pose) on a white mat. They are lying flat on their back with their arms extended to the sides and legs straight.



A row of black silhouettes of various yoga poses on a green grass background. The poses include standing, kneeling, and lying down, with some arms raised and some legs bent.



**Yoga nidra means psychic sleep. It rests both the mind and body. It removes tension and restores the elasticity of mind.**





## Pranayam: Anulom-Vilom



Whereas, meditation is a practice where an individual uses a technique such as mindfulness, or focusing the mind on a particular object, thought, or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. A harmonious use of Yoga and Meditation could be highly beneficial to a learner.

Vidya Bharati Mahavidyalaya is a premier institution with emphasis on multi-facet development of the student. The institution strives to create and maintain an environment with a stress free and learner centric approach. Consequently considering the benefits and advantages of 'Yoga and Meditation' for the students, the institution has established 'Club Sadhana' under the aegis of 'GEMS'. The 'Club Sadhana' is dedicated to spread awareness of benefits of Yoga and Meditation and to organize a good number of activities for the same. This club organizes activities like celebration of 'International Yoga day', 'YogShibir', certificate course in Yoga and Meditation, celebration of 'Suryanamaskar', a few to mention.

The organization of various Yoga and Meditation related activities has contributed toward the creation of a stress free environment for the students and staff also. The students take an augmented interest in learning, feel better with increased confidence, a positive approach towards studies and good performance in university examinations. The staff also feels that Yoga and Meditation is useful to release stress. This has resulted in appreciable and visible change in performance of staff while dealing with different issues.

