



**Vidya Bharati Mahavidyalaya, Amravati**

## **Report on Yoga and Meditation**

### **Annual Report**

**Session 2015-2016**



Yoga is an invaluable gift of India's ancient tradition. A few minutes of yoga during the day can be a great way to get embodied unity of mind and body, thought and action, resistant and fulfillment, harmony between man and nature, a holistic approach to health and well-being. 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 seven days Yoga Camp, International Yoga Day, International yoga Day at Gadge Nagar, Regular Yoga Class 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 Yoga Trainer 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, 2015 at Gadge Baba Samadhi Mandir, Gadge Nagar, Amravati. The main aim was to realize and manage mind, body and emotions.



**Participants performing “*Bhramari Pranayama*”**

- On 21<sup>st</sup> June 2015 Vidya Bharati Mahavidyalaya, Amravati celebrated 1<sup>st</sup> “**International Yoga Day**” by organizing a Special Yoga Session in which 120 students, teachers and non-teaching staffs along with Dr. V. R. Deshmukh, Head, Botany Department and Dr. R. M. Patil IQAC Coordinator and Dr. Dnyaneshwari Wankhade Director of Physical Education performed various ‘*Asanas*’ under the guidance of Dr. P. R. Rajput Associate Professor Chemistry and his trainees Dr. Vandana Parhate Associate Professor Chemistry and Dr. M. M. Rathore NCC Officer. “**Connect the Youth**” is 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.



**Participants performing *Yog Sadhana* under the guidance of Dr. P. R. Rajput**



**Participants performing "*Shavasana*"**

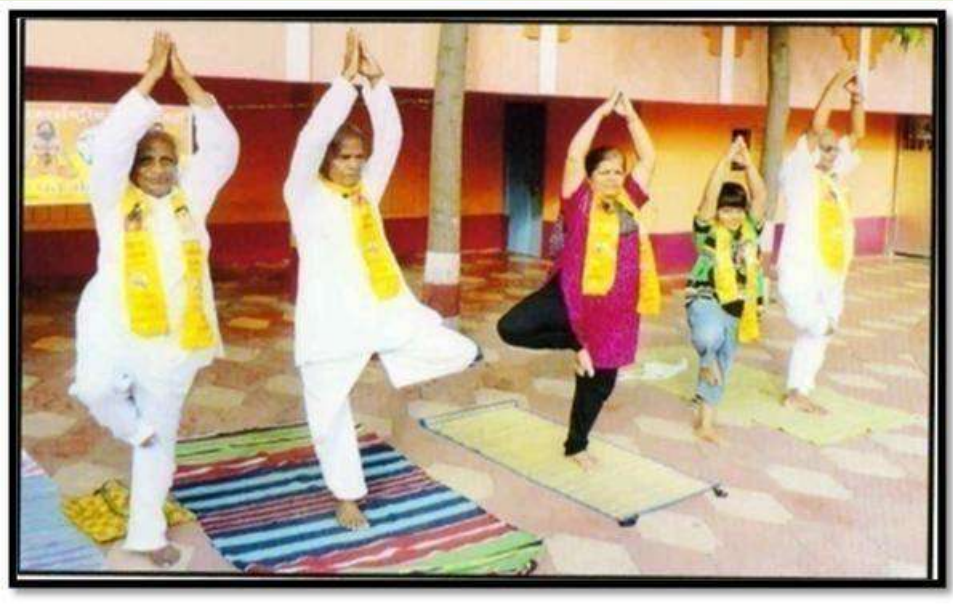
- Department of Chemistry, Vidya Bharati Mahavidyalaya, Amravati conducted Certificate Course in "Yoga and Meditation" from 11<sup>th</sup> to 26<sup>th</sup> January 2016 for the students of UG. The trained Yoga Trainers Dr. P. R. Rajput and Dr. V. V. Parhate have taken classes with higher level of dedication.





Students performing “*Rukshasana*” during the Practical Session of Certificate Course

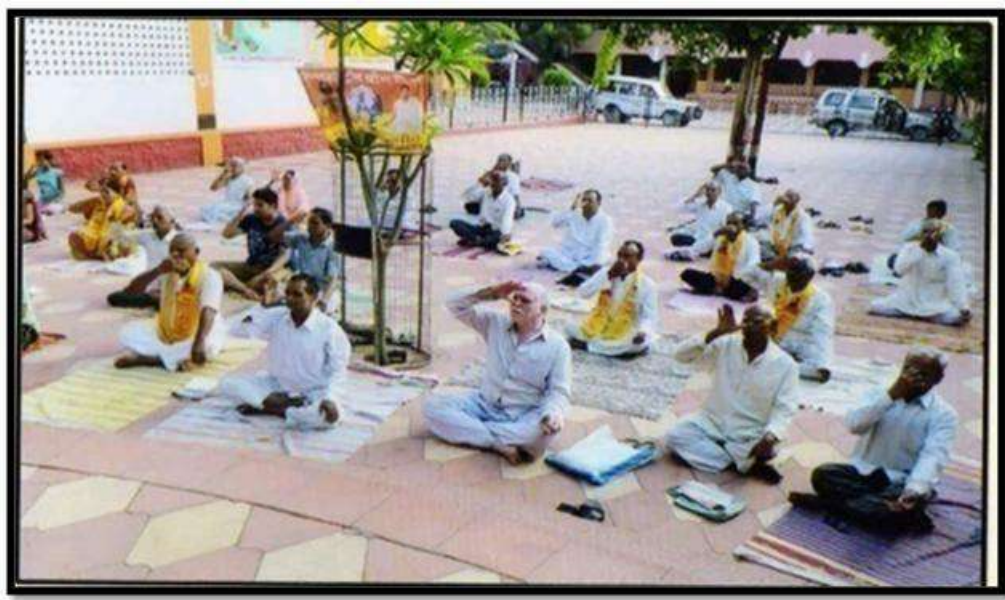
- On 21<sup>st</sup> June 2015 “1<sup>st</sup> International Yoga Day” celebrated by Mahila Patanjali Yog Samiti, Amravati in Collaboration with Vidya Bharati Mahavidyalaya, Amravati at Gadge Baba Samadhi Mandir, Gadge Nagar, Amravati by organizing a special Yoga session in which 39 members participated.



Dr. V. V. Parhate and trainees performing “*Vrukshasana*”

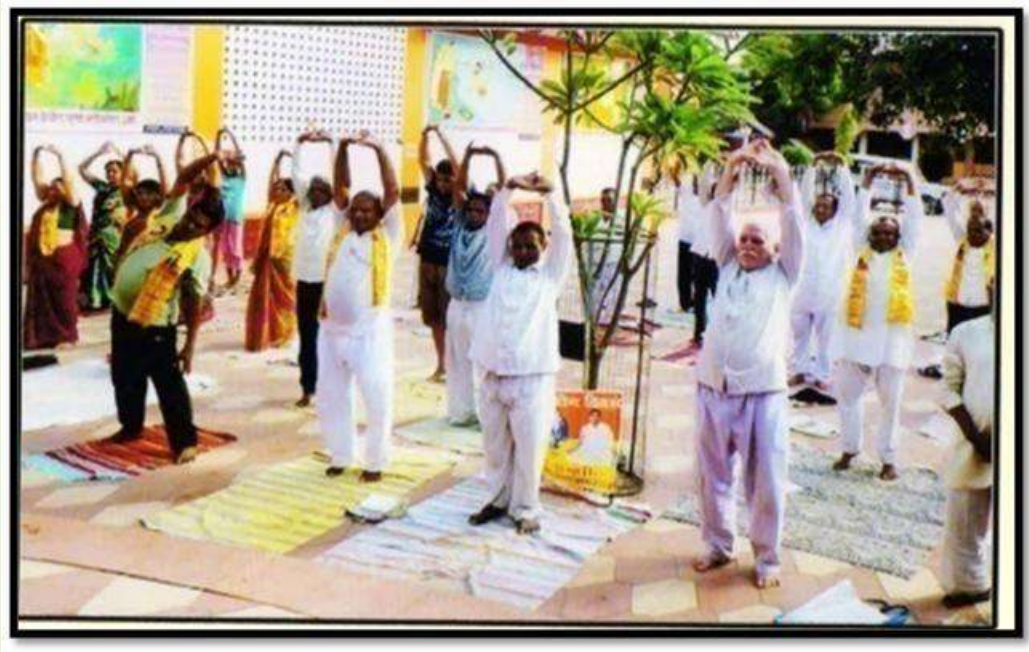


**Dr. V. V. Parhate explaining importance of Yoga and Meditation on the occasion of 1<sup>st</sup>  
“*International Yoga Day*”**



**Participants performing “*Anulom - Vilom Pranayama*”**





**Participants performing “Tadasana”**

- Vidya Bharati Mahavidyalaya, Amravati organized regular “Yoga Class” from 22<sup>nd</sup> June to 17<sup>th</sup> October, 2015 in which 25-30 teachers, non-teaching staffs participated.



**Participants performing *Yog Sadhana* under the guidance of Dr. P. R. Rajput and Dr. V.V. Parhate**