



VidyaBharatiMahavidyalaya, Amravati

Report on Yoga and Meditation

Annual Report

Session 2017-2018



A regular yoga practice during the day can be a great way to achieve harmony between heart and soul on the path to divine enlightenment. Yoga is the physical mental and spiritual practices to attain a state of permanent peace of 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 15 different activities such as Sahyog Training Camp, Bal-Sanskar Camp, One day Yoga Camp for Children, Seven days Yoga Shibir, Special Camp on Disease Prevention, Yog Camp, Suryanaskar, Heart full Meditation Camp, International Yoga Day, Yoga Camp for Womens, Yoga Camp for students of Sipna Engineering College and Certificate Course on “Yoga and Meditation” for students, teachers and society. The trained Yoga Trainers Dr. V. V. Parhate, Head, Dept. of 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.

- Organized 25 days 'Sahyog Training Camp' from 20th November to 14th December, 2017 at Sahajanand Ground, Arjun Nagar, Amravati. In which 60 participants were present. 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.



Participant explaining his views about the benefits of Sahyog Training Camp

- One day Yoga Training Camp organized at Hanuman Mandir, Sawarkhed on 8th April, 2017 in which 100 children, male and female participated. The main aim was to increase awareness and achieve a peaceful body and mind.



Dr. V. V. Parhate teaching Yoga with Trainees



Children performing “Anulom-Vilom Pranayama”

- Organized “Bal-Sanskar Camp” for children from 24th to 30th April, 2017 at Z.P.School Radhanagar, Amravati in which 80 children participated. The purpose of Bal-Sanskar Camp is to encourage and nurture child’s own inherent talents, help them understanding right form of culture and making them strong on handling emotion, provide them direction on ethics and educate them about glorious culture and get inspirations from childhood of Great Personalities.



Dr. V. V. Parhate performing “*Hanuman Baithak*” along with the Participants



Participants performing “*Natarajasana*”

- Dr. V. V. Parhate conducted One Week Yoga Session from 14th to 21st December, 2017 at Gadge Baba Samadhi Mandir, Gadge Nagar, Amravati. The main aim was to realize and manage mind, body and emotions.



Participants performing “*Parvatasana*”

- Organized 25 days ‘Sahyog Training Camp’ from 17th September to 10th October, 2017 at Manoranjan Hall Appar Wardha Colony, Amravati. In which 30 participants were present. 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.



Trainees and the Participants performing “Anulom-Vilom” Pranayama under the guidance of Dr. V. V. Parhate



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

- From 26th December 2016 to 19th January, 2017 Sahyog Training Camp organized at Officers Club, Amravati. In which 30 participants were present. 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.



Participants performing “Anulom-Vilom” Pranayama



Participants performing “Anulom-Vilom” Pranayama

- ‘Special Disease Prevention Camp’ was organized from 20th January to 7th March, 2017 at Vidya Bharati College, Amravati in which 30 participants were participated. Dr. V. V. Parhate and Dr. M. M. Rathore gave the guidance of Yogasana, Pranayama, Shatkarma and Mudras to cure different diseases. The main aim was to spread the benefits of Yoga across the society and create a disease-free society.



Participants performing “Anulom-Vilom” Pranayama



Participants performing “Anulom-Vilom” Pranayama

- Certificate course in “Yoga and Meditation” from 9th to 23rd September, 2017 was organized by Department of Chemistry, Vidya Bharati Mahavidyalaya, Amravati for the students of UG. The trained Yoga Trainers Dr. V. V. Parhate and Dr. M. M. Rathore have taken classes with higher level of dedication.



Students performing “Vrukshasan”



Students got the Certificate after the successful completion of Certificate Course

- Vidya Bharati Mahavidyalaya, Amravati in collaboration Mahila Patanjali Yog Samiti Amravati organized “*Suryanamaskar*” on the occasion of *Rathsaptamion* 3rd February,2017 in which 90 students and teachers participated.The main aim was to provide body a full workout, improved breathing quality during each and every step. Chanting name of surya before every “*Suryanamaskar*” will fulfill the spiritual aspect also.



Participants performing “*Dwipadprasarnasan*”



Participants performing “*Urdhhastasan*”

- On 21st June, 2017 Vidya Bharati GEMS celebrated 3rd “International Yoga Day” by organizing a Special Yoga Session in which 123 students, teachers and non-teaching staffs along with Principal Dr.P.R. Rajput S.S.S.K. Innani Mahavidyalaya, Karanja Lad, 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. **“Yoga for Health”** 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.



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



Participants performing “Dhyan Sadhana”

- Three days Heart fullness Meditation Camp organized in collaboration with Patanjali Yog Samiti from 7th to 9th October, 2017 at Gadge Baba Samadhi Mandir, Gadge Nagar, Amravati in which 70 members are participated. The purpose of meditation camp was to reducing stress, anxiety, depression, pain, increasing peace, perception, self-concept and well-being.



Participants watching video on “*Meditation* ”



Participants performing “*Meditation*”

- Organized “Bal-Sanskar Camp” for children’s from 24th to 30th April, 2018 at Z.P.School Radhanagar, Amravati in which 80 children participated. The purpose of Bal-Sanskar Camp is to encourage and nurture child’s own inherent talents, help them understanding right form of culture and making them strong on handling emotion, provide them direction on ethics and educate them about glorious culture and get inspirations from childhood of Great Personalities.



Nirmal Guruji teaching Memory Games



Dr. V. V. Parhate teaching “Shlokas and Mantras” to the children



Dr.V.V. Parhate and Nirmal Guruji playing Memory Games with Student Participants



Children Performing “*Ardh-halasan*”

- Organized “Bal-Sanskar Camp” for children from 11th to 26th May,2018 at Law College, Amravati in which 100 children participated. The purpose of Bal-Sanskar Camp is to encourage and nurture child’s own inherent talents, help them understanding right form of culture and making them strong on handling emotion, provide them direction on ethics and educate them about glorious culture and get inspirations from childhood of Great Personalities.



Dr.V.V. Parhate performing “*Vrukshasana*” with children



Children performing “*Tadasana*”

- Seven days Yoga Camp organized by Mrs. Sunita Fisake for Women from 21st May to 5th June, 2018 at Kala Maroti Mandir, Jeevanpura, Achalpur. Different steps of yoga performed by the participants under the guidance of Dr.V.V. Parhate. The main was to remove tensions and solve health problems of women.



Dr. V. V. Parhate explaining Benefits of Yoga



Participants performing “Tadasana”

- One day Yoga Camp for students of Sipna Engineering College, Amravati conducted on 15th February, 2018 in which 74 students participated. The main aim was to attain physical health, mental harmony and spiritual upliftment.



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



Dr. V. V. Parhate performing “*Pakshasana*” along with students



Students performing “*Utkatasana*”



Participants performing “*Bhramari Pranayama*”