



**VidyaBharatiMahavidyalaya, Amravati**



## **Report on Yoga and Meditation**

### **Annual Report**

**Session 2018-2019**

The students of the college are given training for meditation through the programme **Meditation in Action** coordinated by Dr. Vandana Parhate and her colleague Dr. M. M. Rathore from the Department of Chemistry. This Meditation is based on the Mindfulness technique to experience self-awareness, greater focus and silence.

### **YOGA AND MEDITATION**

**Aim:** Live to Love & Love to Live

**Goal:**

- To inculcate the practice of meditation in the everyday life
- To enable the people experience a deep awareness about Godliness
- To boost up one's energy, dynamism, skills and values
- To perform and deliver selfless service to the humanity

**Scope:**

Meditation is a charismatic movement with specific activities to inculcate meditation, awareness, values and concern for the students- the future of the nation.

**Outcome:**

Students experience attitudinal change and transformation to enhance holistic development of mind, body and soul.

**The Beginning:**

Dr. Parhate addressed the students explaining what Meditation and Action Movement was and its usefulness in one's life. She stressed on mindfulness "a technique when we train the mind to be thoughtless- all the above helps are to lead to self-awareness and a deep concentration and silence.

The sessions of Yoga and meditation are conducted regularly. It begins every year on International Yoga Day. The practice helps a lot to refine the students and make them realize the importance of mental and spiritual health and stress free life.

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 12 different activities such as International Yoga Day, Bal-Sanskar Camp, One day Yoga Camp, Yoga Training Camp at Tahasil place, Sahayog Training Camp ,Youth Independence Camp, Yoga camp for Urdu High School (Girls), Yoga Camp for NCC Cadets, Yoga Camp for Society 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.

- On 21<sup>st</sup> June, 2018 Vidya Bharati GEMS celebrated 4<sup>th</sup> “International Yoga Day” by organizing a special Yoga session in which 113 students, teachers and non-teaching staffs along with Vidya Bharati GEMS Chairperson Mrs. Manjari Shekhawat, IQAC Coordinator Dr. R.M. Patil and GEMS Coordinator Mr. Amit Jaiswal performed various ‘Asanas’ under the guidance of Dr.V.V. Parhate. “Yoga for Peace” 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.

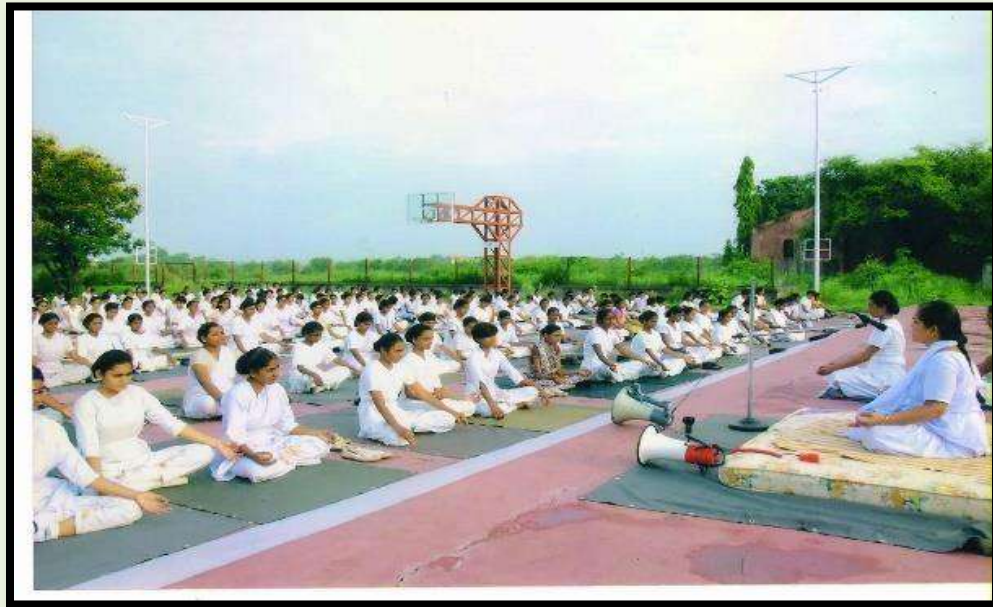


**Mrs. Manjari Shekhawat welcoming by Dr. V. V. Parhate**

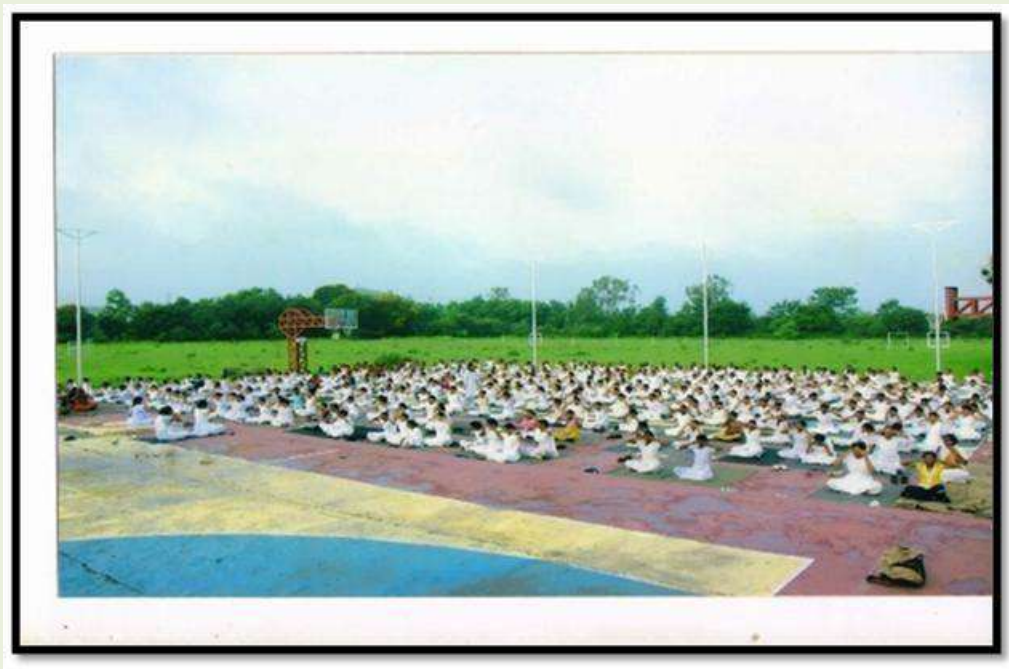


**Participants performing “Tadasana”**

- One day Yoga Camp for NCC students conducted on 29<sup>th</sup> August 2018 in which 100 students participated. The main aim was to increase attention, focus and concentration especially important for purred.



**Dr. V. V. Parhate and trainees performing *meditation* along with participants**



**Dr. V. V. Parhate and trainees performing "*Bhramari Pranayama*" along with participants**



- Dr. V. V. Parhate conducted one week Yoga session from 14<sup>th</sup> to 21<sup>st</sup> December, 2018 at Gadge Baba Samadhi Mandir, Gadge Nagar, Amravati which involved 50 participants. The main aim was to realize and manage mind, body and emotions.



**Dr. V. V. Parhate with all the participants chanting “*Omkar (Pranvochar)*”**



**Dr. V. V. Parhate performing “*Dhyan Sadhana*” with participants**

- Seven days Yoga Workshop for students organized by Patanjali Yog Samiti, Amravati in Collaboration with Vidya Bharati Mahavidyalaya, Amravati conducted at Gadge Baba Smruti Bhavan, Gadge Nagar, Amravati from 23<sup>rd</sup> to 27<sup>th</sup> June, 2018 in which 100 students participated. The main aim was to attain physical health, mental harmony and spiritual upliftment.



**Dr. V. V. Parhate explaining “Ashtang-Yoga”**



**Dr. V. V. Parhate elaborating benefits of “Yoga and Meditation”**

- One day Yoga Training Camp organized at Hanuman Mandir, Sawarkhed on 27<sup>th</sup> March, 2018 in which 100 children, male and female participated. The main aim was to increase awareness and achieve a peaceful body and mind.



**Children performing “*Tadasana*”**



**Dr.V.V. Parhate describing the importance of “*Yoga*”**



- Vidya Bharati Mahavidyalaya, Amravati in Collaboration with Mahila Patanjali Yog Samiti, Amravati organized “*Suryanamaskar*” on the occasion of Rathshaptami on 15<sup>th</sup> January, 2018 in which 90 students, teachers and Patanjali Yog Samiti members participated.



**Participants performing “*Suryanamaskar*”**



**Dr. V. V. Parhate explaining benefits of “*Suryanamaskar*”**





Participants performing “*Vrukshasana*” for concentration and balancing of mind



Participants performing “*Dhyana Sadhana*”

- Organized “Bal-Sanskar Shibir” for children from 1st to 12th May, 2018 at Hanuman Mandir, Ayodya Colony, Amravati in which 120 children participated. The purpose of Bal-Sanskar Shibir 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 explaining the importance of the “Yoga and Meditation”**



**Children performing “Pranamasan” 1<sup>st</sup> step of “Suryanamaskar”**

- Certificate course in “Yoga and Meditation” from 1<sup>st</sup> to 15<sup>th</sup> September, 2018 and 5<sup>th</sup> to 19<sup>th</sup> January, 2019 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.





**Dr. V. V. Parhate introducing resource Person Dr. Avinash Saoji, Director of *Prayas* a social organization**



**Student participants performing “*Vrukshasana*” during practical of Certificate Course**





Students performing “*Anulom-Vilom pranayama*” during practical of Certificate Course



Students performing “*Bhramari Pranayama*” during Practical of Certificate Course

- 4<sup>th</sup> “International Yoga Day” celebrated on 21<sup>st</sup> June, 2018 at Zilha Stadium, Amravati by organizing a special Yoga session in which 150 participants performed various ‘Asanas’. “**Yoga for Peace**” 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 Posture of “Ashvasanchalanasana”**



**Participants performing “Tadasana”**



- From 1<sup>st</sup> to 15<sup>th</sup> April, 2018 Sahyog Prashikshan Camp organized at Kalinka Mata Ground, Amravati. In which 40 participants were present.



**Dr. V. V. Parhate performing “Anulom-Vilom Pranayama” along with the participants**



**Participants performing “Dhyanasana”**



- One day Yoga Training Camp organized at Eklavya Dhanurvedya Academy, Nandagaon Khandeshwar on 4<sup>th</sup> May, 2019 in which 92 children, male and female participated. The main aim was to increase awareness and achieve a peaceful body and mind.



**Dr. V. V. Parhate and trainees along with the participants in Yoga Training Camp**



**Participants performing “Bhujangasana”**

- Organized “Bal-Sanskar Camp” for children from 20<sup>th</sup> to 30<sup>th</sup> April, 2019 at Z.P. School, Radhanagar, Amravati in which 58 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.



**Children performing “*Tadasana*” along with Dr. V. V. Parhate**



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