

### **EFLU celebrates International Day of Yoga, introduces yoga to its international students**

True to the essence of International Day of Yoga, the English and Foreign Languages University, Hyderabad, celebrated the spirit of harmony and peace through a yoga session at 7.00 am on 21 June 2015 on the campus.

The event, attended by Indian and international students, teachers, and administrative staff, succeeded in garnering interest in the ancient Indian approach to well-being of body and mind. Led by a yoga instructor, the group practised meditation and a series of asanas with gentle flute melodies playing in the background.

Agreeing with the Prime Minister's call for making yoga "an everyday part of life" Prof Bharatisaid that the experience was so invigorating that she would like an hour-long yoga session to be conducted every day for all university members. Saumya, a student from Sri Lanka, expressed her interest in learning this "art form." She said, "I felt very fresh after the session. I would like to learn more and be able to do it better, and every day."

The session concluded with an informal conversation with the instructors on the various benefits of yoga.



