**International Day of Yoga-2017 Observed in Mahatma Gandhi Central University Bihar**

Mahatma Gandhi Central University Bihar observed the 3rd International Yoga Day by conducting an early morning yoga session in the lush green lawns of its Temporary Campus at Zila School, Motihari at 6 AM on 21st June 2017. The Yoga session was led by Shri Devesh Shandilya, a teacher at The Art of Living and an expert Yoga Trainer.

For the successful organisation of the event, the University had constituted a Committee convened by Dr Pavnesh Kumar, Dean, School of Commerce and Management Sciences. All the students, faculty and staff of the University were informed earlier of the event and through notices put up on all notice boards of the University. At sharp six o’clock in the morning, the yoga session started with more than a hundred participants including Hon’ble Vice-Chancellor Prof.(Dr.) Arvind Agrawal, all the faculty members and staff, and more than a hundred students. First, Shri Shandilya gave a brief historical background of yoga and termed it as a scientific invention by the sages of the glorious Indian tradition. He then requested all to follow him in practising various *yogasanas* such as *Tadasana*, *Bhujangasana*, *Shasankasana*, *Savasana*, *Kapalbhati* and *Bhramari Pranayama*. Eventually, he led the participants into the blissful realm of meditation and enjoined them with their immediate environment. He also listed the benefits of each *yogasana*, and cautioned regarding specific health conditions in which they should be avoided.

At the end of the yoga session, Shri Shandilya advised the participants to continue practising these *asanas* and *pranayama* as these will help them focus their energies on their academic work and cope with the day to day stress.