

# **The ICFAI University, Tripura**

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Ref: IU-Tripura/Kmgt/1(8)/PR/2015-16/D-265

Date: June 21, 2015

## **ICFAI University decides to include Yoga in curriculum**

### **Agartala, June 21:**

ICFAI University Tripura has today observed International Yoga Day with due importance and pledged to include Yoga in the curriculum from the ensuing academic session. Besides holding a discussion to make people aware about the advantage of Yoga practice, the University felicitated Sheli Debnath and Sourabh Ghosh; two talented young Yoga players in an attempt to encourage them perform better in national and international arena.

The duo later showcased extraordinary Yoga skills amidst round of applause. The octogenarian Working President of National Yoga Federation Rupen Bhowmik also showed different yoga skills in front of crowded audience.

The observance began with felicitation of guests. The Pro-Vice Chancellor of ICF AI University, Tripura Professor Biplab Halder felicitated Rupen Bhowmik, Jishu Chakraborty, Sheli Debnath and Sourabh Ghosh by handing over flower bouquet and memento.

Professor Halder declared in his welcome speech that ICF AI University had decided to include Yoga Practice in curriculum as a compulsory subject. The same will be implemented from the ensuing academic session; he said and added that regular Yoga practice keeps human being healthy and away from diseases.

He informed that the 193 nations across the globe have accepted Yoga Science as a proven method for healthy population and the United Nations has accredited the method by declaring June 21 as International Yoga Day.

Mr. Rupen Bhowmik, the President of Tripura Yoga Association, in his brief speech urged upon the people to try at least one yoga item every day and claimed that by practicing Yoga on a regular basis a human being would lead a healthy life without any medicine.

**PRESS RELEASE**