

# ICFAI University decides to include yoga in curriculum

## Times News

**Agartala, June 21:** ICFAI University today observed International Yoga Day with due importance at its campus 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 audiences. The observance began with felicitation of guests. The Pro-Vice Chancellor of ICFAI University Prof. Biplab Halder felicitated Rupen Bhowmik, Jishu Chakraborty, Sheli Debnath and Sourabh Ghosh by handing over flower bouquet and memento.

In his welcome speech, he further declared that ICFAI University decided to include yoga practice in curriculum as a compulsory subject. The same will be implemented from the ensuing academic session, he said add-

ing that regular practice of yoga keeps human being healthy and away from diseases.

He informed that altogether 193 nations across the globe have accepted yoga science as a proven method for healthy population and the United Nations accredited the method by declaring June 21 as International Yoga Day. Speaking in the occasion, Rupen Bhowmik, the president of Tripura Yoga Association urged upon the people to try at least one yoga item every day. He further said that by practicing Yoga on a regular basis, a human being would lead a healthy life without any medicine.