

ICFAI University, Tripura observed International Yoga Day on 21.6.2015



Prof. Biplab Halder, Pro – Vice Chancellor, the ICFAI University Tripura, Dr. R. Bhowmik, President, Tripura Yoga Association, Dr. J. Chakraborty, Secretary, Tripura Yoga Association in the dais during the “International Yoga Day” celebration on 21st June 2015 at the ICFAI University Tripura.



Prof. Biplab Halder, Pro – Vice Chancellor, the ICFAI University Tripura, felicitating Dr. R. Bhowmik, President, Tripura Yoga Association, during the “International Yoga Day” celebration.



Dr. R. Bhowmik, President, Tripura Yoga Association lighting the Inaugural Lamp to mark the opening of the “International Yoga Day” celebration on 21st June 2015 at the ICFAI University Tripura..



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Prof. Biplab Halder, Pro – Vice Chancellor, the ICFAI University Tripura felicitating the little “Yoga Champion”, Ms. Sheli Debnath, during the “International Yoga Day” celebration.



Dr. R. Bhowmik, President, Tripura Yoga Association, in his Inaugural Speech emphasizing on the importance of Yoga in both mental and physical well being..



The Auditorium filled with Faculty members, Staff, students and guests in an overwhelming participation to celebrate the "International Yoga Day" at the ICFAI University Tripura.



The little “Yoga Champs” perform SARVAGASANA as Dr. J. Chakraborty, Secretary, Tripura Yoga Association, explains that how this asana irrigates our vital organs through blood flow just like water irrigates plants.



Ms Sheli Debnath, the little “Yoga Champ” perform the MATHSYASANA with ease during the “International Yoga Day” celebration on 21st June 2015 at the ICFAI University Tripura.



MATHSYASANA has got various health benefits as it regulates the flow of blood in our body and cleanse the vital organs.



ARDHYA MATHSYASANA displayed gracefully on the occasion of the "International Yoga Day" celebration on 21st June 2015 at the ICFAI University Tripura



A special award winning Yoga Pose by Master Sourabh Ghosh.



The pose requires lot of flexibility and concentration.



The body is stressed like rubber by the little expert.



A very unique pose.



The hands have replaced the legs and vice versa.



Now how to unlock the body lock?



A stunning pose.



The moving "Lee" pose.



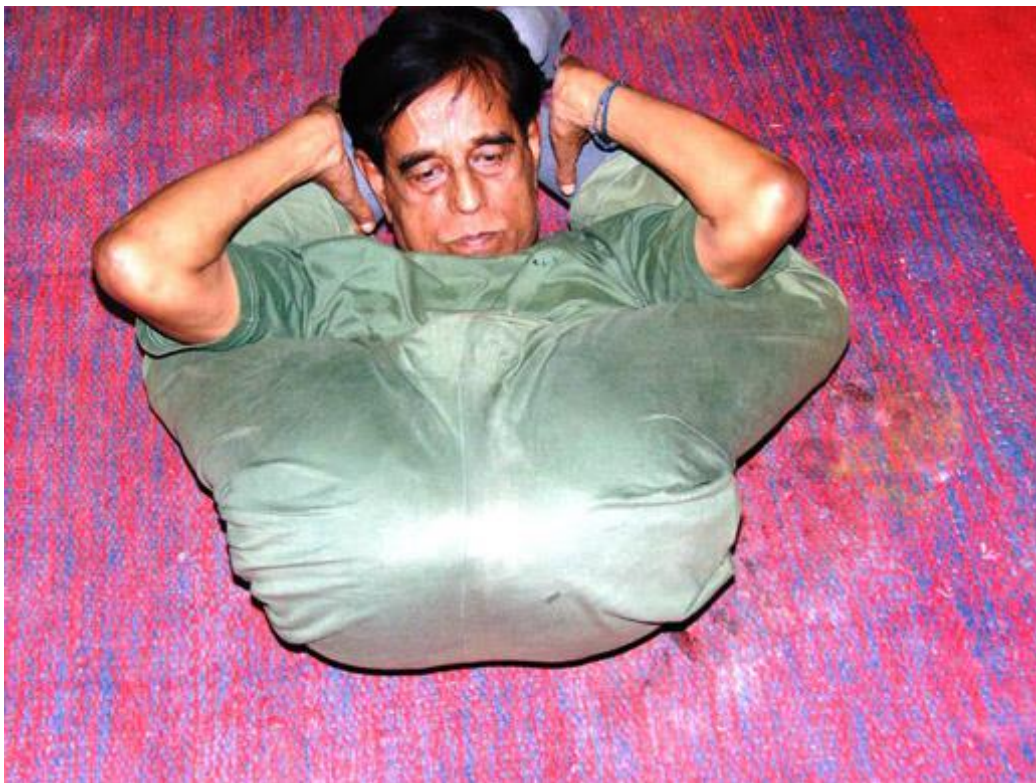
Absolute beauty of a pose.



Dr. R. Bhowmik, President, Tripura Yoga Association, demonstrating Yoga poses at 79 years of age.



Its really amazing that how at 79 years, Dr. R. Bhowmik can do such postures. No wonder he is a living legend of the State.



YOGANIDRASANA performed by Dr. R. Bhowmik.



Demonstration of SALAMBA SIRASANA.



Prof. Partha Sarkar, Asst. Professor, FST giving the "Vote of Thanks".



Yoga is not only about stretching the body but also calming the mind.