Report of International Yoga Camp at Mantalai:

In the light of International Day of Yoga, a free Yoga Camp was organised at Mantalai, Distt. Udhmpur on 9th June, 2019. The camp was organised in collaboration with Central University of Jammu, Duggar Heritage Society Udhampur, Bhartiya Yog Sansthan Udhampur and Art of Living at Mantalai. Dr. D.L Chopudhary Diretor, The Yoga Centre, Central University of Jammu co-ordinated the Camp. About 120 participants took part in the camp.

The Various Yoga Asanas, Pranayama and Meditation were conducted during the Course of the camp as per Common Yoga Protocol. Dr. M.L Sharma a renowned Heart Surgeon from Jammu was Chief Guest of the function. Prominent amongst those who actively participated in the camp were as under:

1. Prof. S.K.Khosa
2. Prof. S.D Sharma
3. Prof. N.K.Tripathi
4. Mr. S.K.Jain
5. Dr. K.C.Sharma
6. Master Chajju Ram Sharma
7. Dr. Konika Bhagat
8. Mr. Sanjeev Bhagat
9. Dr. Shambu Ram,
10. Mr. Nirmohi
11. Mr. Hanraj Shastri
12. Dr. Gandotra

Participants at Yoga Camp at Mantalai (09-06-2019)
Many prominent officers from the development agencies of Sudh Mahadev, Chennani, Patnitop and from Udhampur were present on the occasion. It is worthwhile to refer here that the construction work with regard to International Yoga Centre at Mantalai is undergoing in full swing.

It is pertinent to say that Yoga Camp was organised on **25th Death Anniversary (9th June, 1994)** of the founder of Aparna Yog Asharam at Mantalai Late Shri Dharindera Bhramchari.
Diginitries on the dais of Yoga Camp at Mantalai (09-06-2019)

Diginitries and an artist playing music regarding Yoga theme of the Camp (09-06-2019)
Participants performing Yoga Asanas (09-06-2019)
JAMMU, June 10: In the light of International Day of Yoga, a free Yoga Camp was organised at Mantalai, Distt. Udhampur. The camp was organised in collaboration with Central University of Jammu, Duggar Heritage Society Udhampur, Bhartiya Yog Sansthan Udhampur and Art of Living at Mantalai. Dr. D.L Chopudhary, Director, The Yoga Centre, Central University of Jammu co-ordinated the Camp. About 120 participants took part in the camp. Participants at Yoga Camp at Mantalai. The Various Yoga Asanas, Pranayama and Meditation were conducted during the Course of the camp. Dr. M.L Sharma a renowned Heart Surgeon from Jammu was Chief Guest of the function. Among those who actively participated in the camp were as under Prof. S.K.Khosla, Prof. S.D Sharma, Prof. N.K.Tripathi, S.K.Jain, Dr. K.C.Sharma, Master Chajju Ram Sharma, Dr. Konika Bhagat, Sanjeev Bhagat, Dr. Shambu Ram, Nirmohi, Hanraj Shastri, Dr. Gandotra.