

REPORT OF THE FREE YOGA CAMP HELD AT GEETA BHAWAN
BAKSHI NAGAR ON 10TH JUNE, 2018

Free Yoga Camp was held at Geeta Bhawan Bakshi Nagar on 10th June, 2018. About 73 people participated in the yoga. The guest faculty who conducted the session includes Sh. S.K. Jain and Ms Renu Thaper. Many prominent personalities of J&K like Sh. Sat Sharma, Minister for Housing and Urban Development, J&K , Sh Vikram Randhawa, Minister of Legislative Council, Dr. T.R. Raina, Ex- Professor Govt. Medical College, Bakshi Nagar, also participated in the yoga programme. Different Asanas, Pranayaam, Meditation as per the Common Yoga Protocol were performed by the Yoga teachers.



Lighting of the ceremonial lamp



