

**REPORT OF THE FREE YOGA CAMP HELD AT ST. ANTONY'S CONVENT  
SCHOOL, VIJAYPUR, SAMBA HELD ON 25<sup>TH</sup> MAY, 2018**

Free Yoga Camp was held at St. Antony's Convent School, Vijaypur, Samba on 25<sup>th</sup> May, 2018. About 220 students participated in the yoga session. The guest faculty who conducted the session includes Sh. S.K. Jain, Ms Renu Thaper. Different Asanas, Pranayaam, Meditation as per the Common Yoga Protocol were performed by the Yoga teachers. At the end of the programme, light refreshment was served to all those who performed in the camp.



Yoga Resource Persons and Dr. D.L. Choudhary along with the faculty members of the School



Students of the school participating in the yoga session.



Yoga demonstrators performing asanas





