

**REPORT OF THE FREE YOGA CAMP HELD AT JYOTI PUBLIC
HIGHER SECONDARY SCHOOL VIJAYPUR, SAMBA HELD ON 28TH MAY, 2018**

Free Yoga Camp was held at Jyoti Public Higher Secondary School, Vijaypur, Samba on 28th May, 2018. About 72 students participated in the yoga session. The yoga session was conducted in two groups one was that of boys and the other of girls. The guest faculty who conducted the session includes Sh Sanjeev Kumar, Ms Ranjana Verma. 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.



Dr. D.L. Choudhary, I/c The Yoga Centre along with the Principal and yoga instructors addressing the students of Jyoti Higher Secondary School, Vijaypur, Samba



The group of girls doing yoga asanas



Group of boys doing yoga asanas



Dr. D.L. Choudhry along with Chairman of the school addressing the group of girls about the importance and role of yoga

