REPORT OF THE FREE YOGA CAMP HELD AT HIMMAT LEARNING FIELD HIGHER SECONDARY SCHOOL, HELD ON 5TH JUNE, 2018

Free Yoga Camp was held at Himmat Learning Field Higher Secondary School, on 5th June, 2018. About 40 participated in the yoga session including faculty members, staff members as well as students. Sh. S.K. Jain conducted the yoga session. 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.



Sh. Chander Mohan Sharma, Chairman, Himmat Learning Field Higher Secondary School, addressing the participants of the yoga session.

























