

**REPORT OF THE FREE YOGA CAMP HELD AT DOGRA LAW COLLEGE,
BARI BRAHMANA, DIST. SAMBA HELD ON 7TH JUNE, 2018**

Free Yoga Camp was held at Dogra Law College, Bari Brahmana, Dist.Samba, on 7th June, 2018. About 51 participated in the yoga session including faculty members, staff members as well as students. The guest faculty who conducted the session includes Sh. S.K. Jain and Ms Renu Thaper. Prof. N.K. Tripathi, Head, Dept. of Zoology, was the Chief Guest on the occasion. 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.



Principal of Dogra Law College, Bari Brahmana, Dist Samba Dr. V.P. Magotra, giving the welcome address



Dr. D.L. Choudhary, I/c The Yoga Centre addressing the participants about the role and importance of yoga in our daily lives.



Sh. S.K. Jain, Yoga Instructor addressing the participants about the importance of yoga













Prof. N.K. Tripathi, Head Dept. of Zoology, giving his valuable remarks

