

**REPORT OF THE FREE YOGA CAMP HELD AT MAN TALAI, UDHAMPUR**  
**HELD ON 17<sup>TH</sup> JUNE, 2018**

Free Yoga Camp was held at Man Talai, Udhampur on 17<sup>th</sup> June, 2018. Man Talai is a historic place and it has become an attraction point for the tourists. The Man Talai is known after the name of Swami Dharendra Brahmachari from the yogic point of view. The Govt. of India has sanctioned International Yoga Centre at Man Talai with a huge grant for development and construction of infrastructure for International Yoga Centre. The Yoga Centre, Central University of Jammu has been organising International Day of Yoga since 2015. This year on 17<sup>th</sup> June 2018 The Yoga Centre in collaboration with Bhartiya Yog Sanasthan, Udhampur organised a grand function in context of International Day of India. Registrar, Central University of Jammu, Dr Ravi Kumar was the Chief Guest on the occasion, the programme was presided by SDM, Chenaani. The whole proceedings of yoga were conducted by Dr. K.C. Sharma from Udhampur. Dr. D.L. Choudhary, I/c The Yoga Centre presented his address regarding one month yoga camps organised in district Samba as well as in district Jammu. About 51 people participated in the yoga session which included students as well as civil society members. Different Asanas, Pranayam, 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.







**Registrar Central University of Jammu Dr. Ravi Kumar, Chief Guest on the occasion addressing the participants about the role of yoga in our daily lives.**





