



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

MELAKKOTTAIYUR, CHENNAI-600 127. TAMIL NADU, INDIA



**Organized by
DEPARTMENT OF YOGA**

**11th International Day of Yoga
Celebration**

***On 21 June 2025
@ 7.30 am***

Demonstration of Common Yoga Protocol

“Yoga for One Earth One Health”

&

World Record Event

**“Most Yogasanas Performed in 11
Circles for 11 Minutes 11 Seconds”**

**World Young Achievers Book of
Record.**

11th IDY- 11 Circles- 11 Min- 11 Sec- 11 Different Yogic Practices.

All are Welcome

**Location:
TNPUSE, Chennai**



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11th International Day of Yoga Celebration

On 21 June 2025 @ 7.30 am

Programme Schedule

7.30 am - Tamil Thai Vazhthu

7.35 am - Welcome Address

: **Dr.V.Duraisami**
Professor & Head

7.45 am - Yoga Protocol
Demonstration

: **Dr.V.Duraisami**
Professor & Head

8.15 am - Inaugural Speech

: **Dr. R. Ramakrishnan**
Registrar i/c

8.20 am - Special Address

: **Dr. V. Mangaiyarkarasi**
Member, Vice Chancellor
Convener Committee

8.25 am - Chief Guest Address

: **Mr. C. Charles. M.A**
Inspector of Police

18 Thazhampoor Police Station

8.30 am - World Record : World Young Achievers Book of Record

8.45 am - Vote of Thanks

: **Dr.S.Selvalakshmi**
Associate Professor

8.50 am - National Anthem

All are Welcome

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