



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
(Deemed to be University under section 2 of the UGC Act 1956)



11 th International Yoga Day – Day 5

As part of the Silver Jubilee Year Celebrations of Vinayaka Missions Research Foundation (Deemed to be University), Chennai Campus Mass Yoga Programme on the International Day of Yoga (IDY) 2025 was organized on 21st June 2025 at 7:00 am at VMCC Foot Ball ground. This event was jointly conducted by Vinayaga Missions Research Foundation Chennai Campus and MS-CHRI Upgraded Siddha OPD 7MS Tribal OPD. A special yoga session was led by National Institute of Siddha, Tambaram Yoga Instructor with 300 Students and 70 Faculty Members are Actively Participated in the programme.





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