



VINAYAKA MISSION'S  
RESEARCH FOUNDATION  
(Deemed to be University under section 3 of the UGC Act 1956)



## YOGA COMPETITION

As part of the celebrations marking the 11th International Day of Yoga, students from the institutions under Vinayaka Mission's Chennai Campus—AVIT, SAS & SAHS Coducted Yoga Competition held on 19th June 2025 at Yoga Hall. The event was jointly organized by the Department of Physical Education and the National Service Scheme (NSS) of Vinayaka Missions Chennai Campus as part of the week-long Yoga Day celebrations. Yoga Competition was Inagurated by Mr.Kupuraj Director Incharge SAHS, VMC Campus. Welcomed by Dr.K.Surendrababu NSS Programme offier AVIT .Yoga Competition Jury held by Mr .Sudhakar Yoga Instructor ,Chennai and Yogishree K.Duraipandi, Yoga Master, VMC Campus. Around 50 Students participated in the Yoga competition such as Dhanurasana, Halasana,Ustrasana,Dandasana and Vrksasana..

The poster features a central illustration of five people in various yoga asanas (Tadasana, Urdhva Dhanurasana, Padmasana, Urdhva Dhanurasana, and Bhujangasana) against a backdrop of a large, stylized blue arch. The text is in a mix of bold red and blue fonts. Logos for Vinayaka Mission's Research Foundation, AVIT, SAS, VMLS, School of Allied Health Sciences, VSEP, and VSHS are displayed at the top. The theme 'Yoga for One Earth, One Health' is prominently shown in red. The date and venue are listed at the bottom.

**Yoga Competitions**  
**11<sup>th</sup> International Day Of Yoga Celebrations - 2025**  
**Theme : "Yoga for One Earth, One Health"**  
**Organised by**  
**Department of Physical Education and Sports**  
**&**  
**National Service Scheme**  
**Date : 19.06.2025 Venue : Yoga Hall, Bharathiyar Block, VMCC.**



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Google

Chengalpattu, Tamil Nadu, India

C. V. Raman Block, Tamil Nadu 603104, India, Chengalpattu,  
Tamil Nadu 603104, India  
Lat 12.656985° Long 80.180127°  
19/06/2025 10:49 AM GMT +05:30

GPS Map Camera



Google

Chengalpattu, Tamil Nadu, India

C. V. Raman Block, Tamil Nadu 603104, India, Chengalpattu,  
Tamil Nadu 603104, India  
Lat 12.656968° Long 80.180112°  
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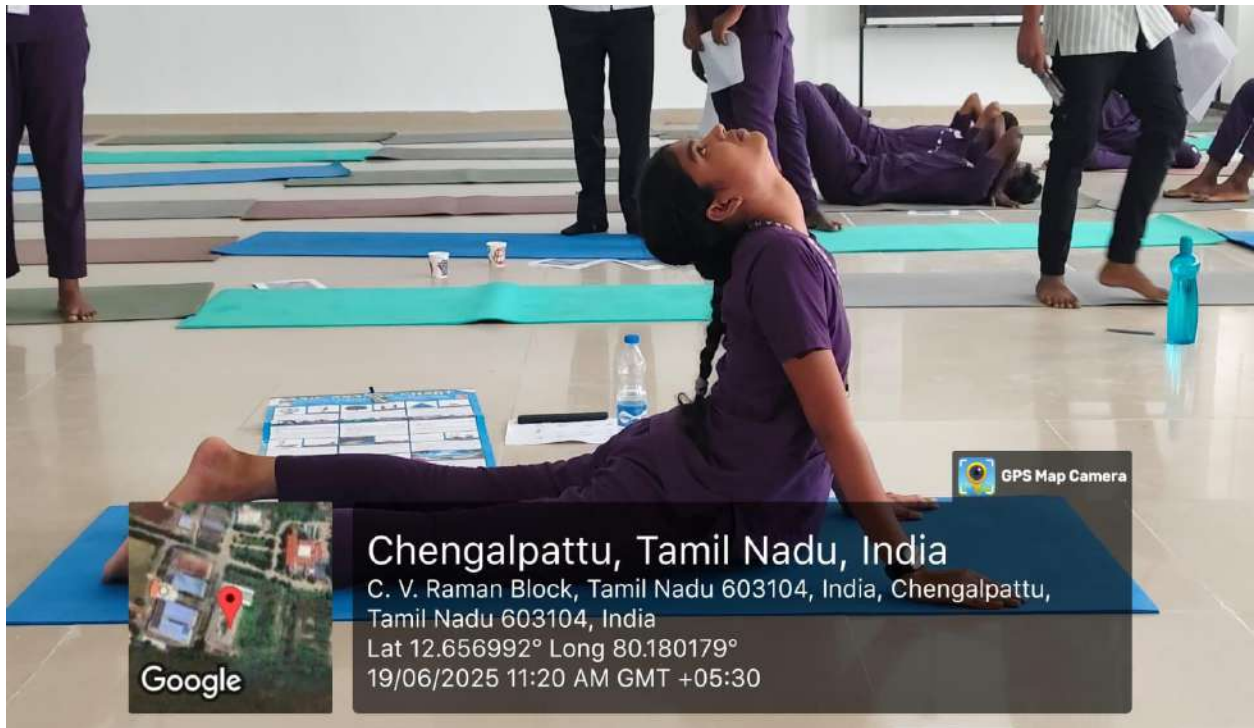
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Tamil Nadu 603104, India  
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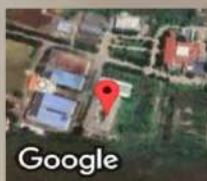
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C. V. Raman Block, Tamil Nadu 603104, India, Chengalpattu,  
Tamil Nadu 603104, India  
Lat 12.656972° Long 80.180131°  
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C. V. Raman Block, Tamil Nadu 603104, India, Chengalpattu,  
Tamil Nadu 603104, India  
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