



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



Day 4 Yoga programme

Yoga Sangam & Yoga Bandhan

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 20th June 2025 at 5:00 pm at VMCC Foot Ball ground. This event was jointly conducted by MS-CHRI Upgraded Siddha OPD 7MS Tribal OPD and Vinayaga Missions Research Foundation Chennai Campus. A special yoga session was led by **Ms IRINA FURSOVA Russia – Yoga Theropist Hatha yengar, Prenatil Posinatial Yoga Teacher OsteopathyY Pracciltionar** and **Ms JOSH PRYOR Australia , President CEO of Yoga ustalia ,Mysore Style Yoga Practitioner.**





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