



Yoga World Record

CERTIFICATE OF ACHIEVEMENT

This certificate is proudly presented to

Premanandhan Narayanan

for participating in the INTERNATIONAL MEDITATION DAY by Global Book of Yoga Records
held on 21 December 2025 from 11:00 AM to 11:30 AM, approved as a Yoga World Record Attempt for
“Most People Meditating Online.”

Your presence contributed to spreading Peace, Harmony & Global Unity

Austere Guru & Chairman
P.GANESH KUMAR



Vice - Chairwoman
R.KARPAGAVALLI



World Record Batch No: YW25RG100