



# 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