

Yoga Prodigy



Ehyinia Arun, Std VI-D of PSBB T.Nagar is passionate about Yoga.

Through regular practice and motivation from her parents, teachers and Yoga instructors, she has mastered various “Asanas” and has become a child prodigy, excelling in Yogasanas at the age of 11. Ehyinia has created three world records in yoga and has received various awards and titles.

A few of her noteworthy achievements –



On 09.07.2016, while she was just 6 years old, she created a World Record at Tiruchirappalli, by performing “Padmasanam” sitting on 30 eggs for 30 minutes continuously and was included in “PATHANJALI BOOK OF WORLD RECORDS”

- On 19.08.2016, she created a World Record at Tiruchirappalli, by performing “Padmasanam” sitting in neck level water and holding flowers for 45 minutes.

- On 04.02.2018, she represented Tamilnadu in the National Mini Yoga Competition and Yoga Conference-2018 organized by Rudhra Shanthi Yogalaya, Nehru Yuva Kendra and Ministry of Youth Affairs and Sports and won the third place.
- In November 2018, she was conferred with the title “Yoga Shri” during the 24th State Level Yoga Conference conducted by Rudhra Shanthi Yogalaya and Department of Arts and Culture, Tamilnadu at Tiruchirappalli.
- In November 2019, she was conferred with the title “Dyana Shri” during the State Level Yoga Conference conducted by Rudhra Shanthi Yogalaya and Department of Tourism, Tamilnadu at Tiruchirappalli.
- On 25.7.2021 she was conferred with the title “YOUNG DOCTOR OF LETTERS” by the World Tamil University of USA for her achievements in Yoga.
- On 21.06.2021, Ehyinia created a NEW WORLD RECORD at Tiruchirappalli, by performing “Patma Matsyanam” floating on a swimming pool for more than 60 minutes and was included in the “PATHANJALI BOOK OF WORLD RECORDS”
- On 25.7.2021, The Lions Club of Trichy Golden Bazaar conferred her with the title “Best Achiever- Yoga”

IVY SCRIBES – Media Club

PSBB T. Nagar

