

WORLD BOOK OF RECORDS, LONDON

The department made history on February 21, 2020, securing two prestigious **World Book of Records**:

- 18 M.A. Yoga students performed a breathtaking sequence of **84 asanas** to the chants of *Shiva Tandav* - completing the "**Attitude of Gratitude**" tribute within **18.37 minutes**.
- 40 M.Sc. Nutrition & Food Science students along with staff set a global benchmark for the systematic presentation of "**256 Ancient Indian Therapeutic Recipes**," showcasing the power of traditional food science on a world stage.



Preparation of Ancient Indian Recipes for 'World Book of Record' event by M.Sc. Nutrition & Food Science students & staff

"Attitude of gratitude" towards Lord Shiva performance of 84 yoga stances on the backdrop of 'Shiva Mahimna Hymns' by M.A. Yoga students



**Certificate presentation to Vidyapeeth authorities by
‘World Book of Record’, London (Nutrition)**