

PADAM SIRSASANA

“The LOTUS HEADSTAND POSE”



The LOTUS HEADSTAND POSE

“PADAM SIRSASANA”

(Male under-16)

Currently has been measured for 23 minutes & 4 seconds and was achieved by **Mr. Harman Singh** an Indian Citizen in Patiala, Punjab, India on the date 04 June 2021.

He has been received the title as

OFFICIAL
“WORLD RECORD HOLDER”

