



INTERNATIONAL DAY OF YOGA

DEMO AND TRAINING SESSION ON

"YOGA AND HOLISTIC LIFE"

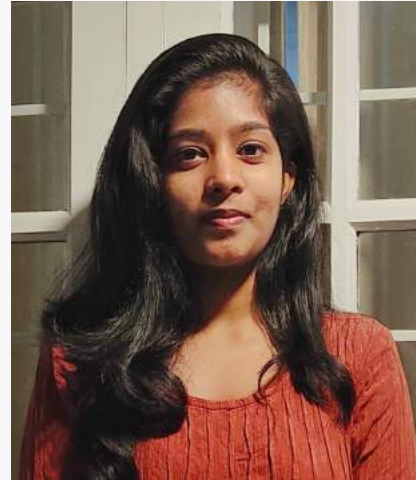


JUNE 21, 2021
8.30 A M - 9 30 A M
PLATFORM - GOOGLE MEET



ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM
DEPARTMENT OF ZOOLOGY
(DBT/ STAR COLLEGE SCHEME)

RESOURCE PERSON



MS. MARY SHILPA FRANCIS

- M.Sc.Yoga Therapy (Svyasa Yoga University, Bangalore)
- State Yoga Champion for six consecutive years (2009-2014)
- National Yoga player
- University Yoga Team winners for two years
- Freelancing Yoga Therapist
- Yoga Facilitator at Create Joy Technologies Pvt.Ltd.



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