



## WEBINAR

INTERNATIONAL



## DAY

## "YOGA" A JOURNEY THROUGH THE SELF



21ST JUNE, 2023 7:30 PM TO 8:30 PM

SPEAKER: RESEENA KADENGAL

M Phil. Msc BEd, SET

Certified trainer in Yoga and Meditation





Dr. Winston George
President



Dr. Brijitha Manoj Hon. Secretary



Dr. Binila S Babu Hon. Treasurer



