



**St. Francis College**  
8<sup>th</sup> main, Koramangala 3<sup>rd</sup> Block, Bangalore 560 034

**Club/ Department Activities - Submission Form**

**Health Club (“Swasthya”)**

**Date:20-12-2021**

1	Proposed date	21Dec, Tuesday 2021
2	Nature of the Initiative	Benefits of Yoga and Meditation Session
3	Club/Committee	Health club (“Swasthya”)
4	Objectives	To build awareness about Yoga and meditation To Lead a disciplined life
5	Learning Outcome	To help people towards wellbeing and healthy life style through Yoga Meditation helps to manage day to day stress
6	Procedure/ Details	Offline- Individual event; On Dec 21 <sup>th</sup> , session by Ms. Savitha Reddy (2.30 pm – 3.30 pm)
7	Recommended Speakers/ Resource Person	Ms. Savitha Reddy (CEO of Inlingua Bangalore & Yoga Mentor)
8	Budget (if any)	Nil

Dr. Prachi Tripathi

**Coordinator**

Dr. Subbarao

**Principal**

Bro. Peter

**Deputy Director**

Br. Antony

**Director**



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Savitha Reddy has a degree in Masters in Business Administration (MBA) from Mount Carmel Institute of Management and passed out in the year 2000 specializing in Finance and Information systems. Prior to MBA, she is a graduate in Business Management (BBM) from NMKRV passing out in the year 1998.

She is currently the CEO of inlingua Bangalore. She started inlingua in Bangalore in the year 2005 and has been successfully managing the business for the last 15 years growing it into one of the top language training schools in India. inlingua offers training in English, French, German, Spanish, Chinese, Mandarin, Italian and other foreign languages to Corporates, Colleges and retail clients. She has 2 offices in Bangalore and a team of about 60 members. She also offers foreign language training to students across India through online training platform and virtual classrooms.

She is also actively into running and trekking. Yoga is what keeps her fit and going. In her free time she is into Writing, Poetry and Painting. She has conducted a few motivational talks to college students inspiring them to take up entrepreneurship.