



## PERSONAL BACKGROUND

Serving as a religious nun in the Congregation of the Sisters of the Cross of Chavanod with great passion towards green initiatives and healthy living

## PASSION/ AREAS OF INTEREST

- Setting up a medication center
- Promoting a Yogic way of life for a healthy and harmonious society
- Expansion of Green Cover

## GET IN TOUCH WITH ME

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# Sr. A. SHANTHI

Assistant, Holy Cross College, Nagercoil

## WORK EXPERIENCE

### Academic

- *Bursar of Holy Cross College(Autonomous), Nagercoil.*
- Twelve years of service in the hospital, school, and college offices.
- Hostel Warden

### Yoga

- *Assistant Professor in Vethahiri Yoga Center*
- Founder of the Aaro Yoga Center as part of the IIC, a unit of MHRD of Holy Cross College(Autonomous), Nagercoil.

## EDUCATION

### Manonmaniam Sundaranar University

#### *Master of Science in Yoga*

- Graduated with first class in 2020
- Specialisation: Human Excellence Development

#### **Bachelor of Commerce**

- *Graduated with first class in 2009*
- Specialization: Computer Application

## SKILLS

- Good Communication Skills
- Excellent Social Leadership
- Eco-Sensitive
- Trained Counsellor