Curriculum -Vitae



Name :Dr.S.MAHESWARI

Date of Birth & Age : 20-04-1985 & 40 years

Designation : Assistant Professor

Official Address : Department of Human Excellence
Nallamuthu Gounder Mahalingam College
Pollachi – 642001

Email – ID : mahesbabu1985@gmail.com
maheswari@ngmc.org

Educational Qualification : M.Com. B.Ed., M.A., Ph.D(YHE).,

Course	Major Subjects	College/University/Institution	Year of Passing
B.Com	Commerce	Government Arts College	2005
M.Com	Commerce	Bharathiar University	2010
MA	Yoga for Human Excellence	Bharathiar University	2013
B.Ed.	Commerce	IGNOU	2015
Ph.D	Yoga for Human Excellence	Bharathiar University	2024

Area of Specialization : Yoga & Health related training.

Teaching Experience : 11 years

Short Term Course :

1. NPTEL Online Certification Course on the topic **"Emotional Intelligence**" **(Score – 60% Elite)** for Eight weeks has been completed during Feb-Mar 2018.

Research Project :

1. Seed Money Project for the title of "**Life Values for the Younger generation in today's Environment"** completed and funded by Nallamuthu Gounder Mahalingam College, Pollachi, on April to September 2022.

Journal Publications

1. Participated and presented a paper **"Tamilar panpatil pasipini pokkum Manithaneya Manpugal"** in the International Conference on Virtues & Spirituality in Tamil Literature (ISSN:2321-0737) Organized by the Department of Tamil, NGM College, Pollachi on 18-07-2019.
2. Maheswari.S. (March 3, 2021). **"Pranayama Boost Immunity",** UGC ApprovedInternational Research Journal ofTamil, E-ISSN 2582-1113, Index Google Scholar, Vol: 3, Issue:2, pp:11-17.
3. Maheswari.S. (April-June, 2021). **"Aura Food Diet Plan in Tamilian Life",** UGCApproved International Journal of Modern Thamizh Research. ISSN: 2321-984X. Vol: 9, Issue:2, pp:205-213.
4. Paper Publication on **"Dietary methods of curing Diseases in the Scriptures of Law"** UGC Approved International Research Journal of Tamil on 22.06.2022. (E-ISSN 2582-1113.) Index Google Scholar. Volume 4, Issue 3, Year 2022. Page No:59-64, on 22.06.2022.
5. Paper Presented Rabindra Bharati Journal of Philosophy on **"The Virutes of Young people creating the Future"** UGC CARE Group I Journal ISSN No: 0973-0087, Vol, XXIII, No: 09, June, 2022.

6. Paper Presented Madhya Bharti UGC Care Approved, Group I Peer Reviewed, Bilingual, Biannual, Multi-disciplinary Referred Journal. Topic: **"Sexual Education through Spirituality"** ISSN 0974-0066. Vol.82, No,12, January-June:2022.
7. Paper Presented UGC Care Approved, Arimaa Nokku Journal on the Topic: **"A Study of Fasting in Biological theory"** Volume 1, ISSN:2320-4842, Year 2024, Pages 156-159.
8. Paper Presented UGC Care Approved, IPE Journal of Management Journal on the Topic: **"Fasting as a Holistic Health Discipline : Insights from Classical Yogic Philosophies and SKY Yoga"** ISSN 2249-9040 Volume 15, No 2, July-December 2025 Page.No : 162-165.

Refresher Course/Orientation Course/PDC/FDP

Organized

1. **Co-ordinator for Personality Development Course** organized by the Dept. of Human Excellence, NGM College, Pollachi. Course days from 09-08-2016 to 26-08-2016.
2. **Co-ordinator for Faculty Orientation Program** jointly organized by the Dept. of Human Excellence, Academy for Professional Development & Training and Placement Cell, NGM College, Pollachi. Course days from 01-09-2016 to 03-09-2016.
3. **Co-ordinator for Faculty Orientation Program** jointly organized by the Dept. of Human Excellence, Academy for Professional Development & Training and Placement Cell, NGM College, Pollachi. Course day 24-08-2018.

4. **Administrative Tranining Programme** on “Yoga for Healthy work-life balance” for Non-Teaching Staff Organized by Department of Human Excellence, NGM College on 8.11.2022.
5. **Professional Development Programme** as a part of yoga therapy on the topic “Yoga the way of life” for Teaching and non teaching faculties Organized by Department of Human Excellence, NGM College on 8.11.2022.
6. **Professional Development Programme** as a part of yoga therapy on the topic “Siddha for Health & Hygiene” Organized by the Department of Human Excellence, NGM College on 08.02.24.
7. **Professional Development Programme** as a part of yoga therapy on the topic “Acupuncture-The art of healing- Pulse Diagnosis Health Camp” Organized by the Department of Human Excellence, NGM College on 29.02.2024.
8. **Co-ordinator for Faculty Development Program** for NGM Teaching Faculty on Batch I (15.07.2024 to 24.07.2024) topic on “Yoga for Emotional Stability” Batch II (25.07.2024 to 02.08.2024) topic on “Lifestyle Enhancement for Wellness” Batch III (05.08.2024 to 13.08.2024) topic on “Enhancement of Mental Wellbeing” organized by the Department of Human Excellence, NGM College, Pollachi.
9. **Co-ordinator for FDP for Non Teaching Faculties Batch I** on the topic “Yoga for Improving Concentration Memory and Workplace place Efficiency” on 20-01-2025 to 25-01-2025, **Batch II** on the topic “Yoga program for Improving Stress Relief & Workplace place Efficiency” on 21-01-2025 to 25-01-2025 and **Batch III** on the topic “Yoga for Improving Concentration Resilience and Workplace place

Efficiency" 27-01-2025 to 31-01-2025, Organized by Department of Human Excellence, NGM College, Pollachi.

10. **Co-ordinator for Human Development Program for Teaching Faculties** Batch I on the topic "The Science of Senses: Strategies for Sensory Health and Disease Prevention" Organized by Department of Human Excellence, NGM College, Pollachi on 08-08-2025 to 18-08-2025.
11. **Co-ordinator** for **Human Development Program** for Teaching Faculties Batch II on the topic "Pranic Diet for Blood Pressure, Diabetes and Stress Management" Organized by Department of Human Excellence, NGM College, Pollachi on 25-08-2025 to 02-09-2025.
12. **Co-ordinator** for **Human Development Program** for Teaching Faculties Batch II Transformative power of Yoga for Self realization and Professional excellence on the topic "Physiological benefits of Surya Namaskar" Organized by Department of Human Excellence, NGM College, Pollachi on 11-11-2025 to 17-11-2025.

Participated

13. Participated in the **Orientation Course** for Research Temple of Consciousness Arutperum Jothi Nagar, Aliyar for Five days from 05-12-2018 to 09-12-2018.
14. Participated in the **Zonal Refresher Course** for Assistant Professor at Tiruppur on 16-12-2018.

15. Participated in the **Orientation Course** for Research Temple of Consciousness Arutperum Jothi Nagar, Aliyar for Five days from 24-05-2019 to 28-05-2019.
16. Attended in **Faculty Development Program** on "Recent Trends in Higher Education in Science and Humanities to Rural Students"for Three days from 12-06-2019 to 14-06-2019.
17. Participated in the **Orientation Course** for Research Temple of Consciousness Arutperum Jothi Nagar, Aliyar for Five days from 01-11-2019 to 05-11-2019.
18. Participated in the **Master Refresher Course** for Temple of Consciousness Arutperum Jothi Nagar, Aliyar, for Three days from 20-08-2021 to 22-08-2021.
19. Participated in the **Zonal Refresher Course** for Assistant Professor at Tiruppur on 10-10-2021.
20. Participated in the **Master Refresher Course** for Temple of Consciousness Arutperum Jothi Nagar, Aliyar, for Three days from 02-09-2022 to 04-09-2022.
21. Participated in the **Zonal Refresher Course** for Assistant Professor at Tirupur on 27-01-2023.
22. Participated in the **Master Refresher Course** for Temple of Consciousness Arutperum Jothi Nagar, Aliyar, for Three days from 09-06-2023 to 11-06-2023.
23. Participated in the **Zonal Refresher Course** for Assistant Professor at Udumalpet on 03-02-2024.
24. Participated in the **Zonal Refresher Course** for Assistant Professor at Tirupur Zone on 04-01-2025.

25. Participated in the **Master Refresher Course** for Temple of Consciousness Arutperum Jothi Nagar, Aliyar, for Three days from 06-06-2025 to 08-06-2025.
26. Participated in the **Zonal Refresher Course** for Assistant Professor at Tirupur Zone on 26-12-2025.

Seminars, Conference - Participated

1. Participated in the **National Seminar** on "The Role of Promoting and Harmony :Contribution of Christianity Organized by Christ University, Bengaluru in association with national foundation for communal Harmony ministry of Home affairs, government of India, New Delhi, Conference of Catholic of Karnataka (CCCK) Bengaluru and Bengaluru academy of philosophy (Bap), Bengaluru on 19th - 20th February, 2015.
2. Participated in One day **National Seminar** on "Empowering the Youth to Enrich Mankind" Organized by the Department of Human Excellence, NGM College, Pollachi on 29-01-2016.
3. Participated in One day **International SKY Doctor Conference** on "Meditation the Super Medication" Organized by the Temple of Consciousness at Aliyar, on 03-11-2019.

Paper Presented

4. Participated and presented a paper on **" Sollution for Pollution"** in the International Seminar on "The Success of Modern Life Lies in Harmony with Nature" Organized by the Department of Human Excellence, NGM College, Pollachi on 21-09- 2017.
5. Participated and presented a paper on **"Thiruvalluvar's view's on Virtues and Gracefulness"** in the International level Conference on "Virtues and

Spirituality in Tamil Literature", Jointly Organized by the Department of Tamil, NGM College (Aided), Tamil Anitham (American Foundation), Inaiya tholizhi Minlithazhi NAD Dinamalar Kalvi Malar, in NGM College, Pollachi, on 04-02-2019.

6. Participated and presented a paper on **"Bharathi & Women's progress"** in the International Conference Organized by the Valar Tamil Aivu Mantram, Mahaganesa Vidhyalaya Tamil school Malaysia, World Tamil Epics Research Association Malaysia, at PSNA College of Engineering & Technology Dindugul on 26-05-2019 to 28-05-2019.
7. Presented a paper on **"Lively Food of people in palai neithal thinai of Kalithokai"** in the International Conference (P-ISSN: 2321-788X) Organized by the Department of Tamil Thiruvalluvar College, Papanasam. Tirunelveli on 24-03-2020.
8. Presented a paper on "**Five Limit and Methods of Vethathiri Maharishi"** in the National Conference Organized by the Valar Tamil Aivu Mantram and Madurai Tamil Sangam on March, 2020.
9. Paper Publication presented a paper on **"Life values for the young generation in today's environment"** Journal of Classical Thamizh, ISSN: 2321-0737. Vol: 9, No:2, pp: 87-93 (April-June, 2021).
10. Presented a paper on "**Plant-based Diet for Physical and Mental Health"** in the International Conference **Organized** by the Valar Tamil Aivu Mantram and Madurai Tamil Sangam on 28.05.2022.
11. Participated and presented a paper on **"Greatness of Women"** in the ICSSR sponsored Two day National Seminar on "Rural Women Empowerment through Entrepreneurship" Organized by the Department of E-Commerce, NGM College, Pollachi on 19th& 20th January 2023.

12. Presented a paper on "**Vethathiri Maharishi's Eminence of Virtues"** in the International Conference Organized by the Valar Tamil Aivu Mantram, held at Chennai 20-05-2023 to 21-05-2023.
13. Paper Publication on **"Bio energy and its Implication for Yoga Therapy: Towards a Unified System of Medicine"** Aathiyoga Indian Journal of Ancient Medicine and Yoga, ISSN: 3048-9822(Online) Volume 1, Issue 04, December 2024, Year 2024, Pages 137-140.
14. Presented a paper on "**The function of the Internal Organs and the importance of digestion for healthy living"** in the International Conference Organized by the Valar Tamil Aivu Mantram, held at World Tamil Sangam, Madurai on 18-01-2025. Volume 5, ISSUES.S ISSN: 2583-0139, Year 2025, Pages 236-240.
15. Paper Publication on **"Five duties of women according to Vethathiri Maharishi"**Aathiyoga Indian Journal of Ancient Medicine and Yoga, ISSN: 3048-9822(Online)Volume: 01 No.05, January 2025, Pages 209-213.
16. Presented a paper on **"Empowerment through balance : Yoga and Nutritious Food for Women"** in the National Conference Vision Vikshit Bharat 2047: Contribution and Intiatives of Digital India for Empowering Rural Women, Organized by the Department of Commerce, Professional Accounting, Nallamuthu Gounder Mahalingam College on January 2025.
17. Paper Publication on **"Good Sleep for Good Food"** Aathiyoga Indian Journal of Ancient Medicine and Yoga, ISSN: 3048-9822(Online)Volume: 01 No.05, August 2025, Pages 1-4.
18. Paper Publication on "**AI in Disease Identification and Preventive Public Health: Integrating Yogic Practices for Holistic Well-Being**" in the National Seminar Harnessing Artificial Intelligence,Innovation and Technology:A Pathway to Economic Transformation and Sustainable

Development in India, Organized by the Department of B.Com International Bussiness, Nallamuthu Gounder Mahalingam, College on Sep-2025 Vol-1ISBN:978-93-94004-62-7.

Book Chapter:

1. The "**Orgin and Development of Yoga**" in the Indian Yoga Practices Personal Values – I on 2025 Edition.
2. Paper Publication on "**Karma Yogam : A Path of Service in the Vision of Vethathiri Maharishi and other Spiritual Gurus**" in the Rooted in Heritage: Intedrating Education with Indian Knowledge Systems and Community Support for Beyondline Publisher ISBN: 978-93-95659-89-5 the month of August 2025, Pages 102-107.

Workshop - Organized

1. Participated in One day **National Workshop** on "Impact of Value Education on Students" Organized by the Department of Human Excellence, NGM College at Pollachi on 27-02-2019.
2. Online **Workshop** on behalf of World Heart Day (Sep29) on the Topic 'Yoga for Heart Care'' organized by Dr.S.Jagadambal, Prof. D.Gnanasoundari. Prof. S.Maheswari & Prof.V.Settu Department of Human Excellence, Nallamuthu Gounder Mahalingam College, from 29.09.2021 to 01.10.2021.
3. One day **Workshop** on Science of Physical Exercise organized by Department of Human Excellence on 29.03.2022.

4. Two days **Workshop** for Softskill on "Agna Meditation (Initiation) for Students" Organized by Department of Human Excellence, Nallamuthu Gounder Mahalingam College, Pollachi, on 24-08-2022 to 25.08.2022.
5. Two days **Workshop** for Softskill on "Shanthi Meditation (Initiation) for Students" Organized by Department of Human Excellence, Nallamuthu Gounder Mahalingam College, Pollachi, on 02-09-2022 to 05.09.2022.
6. One day **Workshop** on Skill development programme on Students the topic "My Dream My Future" Organized by Department of Human Excellence, Nallamuthu Gounder Mahalingam College, Pollachi, on 26-09-2022.
7. **Ten days Workshop** for public on the Occasion of International Year of Millet 2023 celebration on the topic of "Rich in Heritage full of Potenctial" organized by D.Gnanasoundari and S.Maheswari Assistant Professors, Department of Human Excellence Nallamuthu Gounder Mahalingam College, from 01.04.2023 to 10.04.2023.
8. **Workshop** based Five days **Summer Camp** "Yoga for Kids 2023" organized by D.Gnanasoundari and S.Maheswari Assistant Professors, Department of Human Excellence, Nallamuthu Gounder Mahalingam College, from 02.05.2023 to 06.05.2023.
9. **Two days Workshop** for Soft Skills on Agna Initiation for students organized by Department of Human Excellence on 31.07.2023 to 01.08.2023.
10. **Two days Workshop** for Soft Skills on Shanthi Initiation for students organized by Department of Human Excellence on 08.09.2023 to 09.09.2023.

11. **Two days Workshop** for Soft skills on Agna Initiation for students organized by Department of Human Excellence on 24-07-2024 to 25-07-2024.
12. **Two days Workshop** for Soft Skills on Shanthi Initiation for students organized by Department of Human Excellence on 01-08-2024 to 02-08-2024.
13. **Workshop** with the theme & quot; Enhancement of Mental Wellbeing.& quot; for Students presented M.S. Arulselvi., SKY Professor and Director Admin, Vision for Wisdom organized by Department of Human Excellence on 05-08-2024.
14. **Two days Workshop** for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 31-12-2024 to 02-01-2025.
15. **"The Impact of Social Media on Student's Mental Health"** for All UG Students at Vallalar Arangam organized **-** Department of Human Excellence on 29.01.2025
16. **Two days Workshop** for Soft Skills Development on "Agna Initiation for Students" organized by Department of Human Excellence on 18-07-2025 to 21-07-2025.
17. **Two days Workshop** for Capacity building programme - Kayakalpa Technique for Longevity for Students organized by Department of Human Excellence on 10-07-2025 to 11-07-2025.
18. **Two days Workshop** for Soft Skills Development on Shanthi Initiation for Students organized by Department of Human Excellence on 28-07-2025 to 29-07-2025.

19. **Two days Workshop** for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 18-12-2025 to 19-12-2025.

Participated

20. Attended a **National Workshop** on "Atmanirbhar Bharat through Experiential Learning, Internship, Apprenticeship and Entrepreneurship" Organized by Mahatma Gandhi National Council of Rural Education Hyderabad, Government of India collaboration with Nallamuthu Gounder Mahalingam College, Pollachi, Tamil Nadu, on 19-03-2021.

Others

1. Participated as a **Co-ordinator** in the International Day of Yoga jointly Organized by the Nehru Yuva Kendra – Coimbatore Ministry of Youth Affairs & Sports and Department of Human Excellence, in NGM College, Pollachi, on 21-06-2018.
2. International Women's Day **Skill development programme** for Students on "Impact of on PCOs and Health among Female Students" organized by Department of Human Excellence Nallamuthu Gounder Mahalingam College, Pollachi, on 14.03.2023.
3. Participated as a **Co-ordinator** in the 9th International Day of Yoga 2023, June 21 Celebrated in association with Mahalingam College of Engineering and Technology, NachiMuthu Polytechnic College, Pollachi, Pollachi College of Arts and Science, Poosaripatti, and Nallamuthu Gounder Mahalingam College , Pollachi.
4. Participated as a **Co-ordinator** in the International Day of Yoga jointly Organized by the Nehru Yuva Kendra – Coimbatore Ministry of Youth

Affairs & Sports and Department of Human Excellence, in NGM College, Pollachi, on 21-06-2022.

5. Participated as a **Co-ordinator** in the International Day of Yoga jointly Organized by the Nehru Yuva Kendra – Coimbatore Ministry of Youth Affairs & Sports and Department of Human Excellence, in NGM College, Pollachi, on 21-06-2023.
6. Participated as a **Co-ordinator** in the International Day of Yoga jointly Organized by the Nehru Yuva Kendra – Coimbatore Ministry of Youth Affairs & Sports and Department of Human Excellence, in NGM College, Pollachi, on 21-06-2024.
7. Participated as a **Co-ordinator** in the Department of Human Excellence, in collaboration with the National Service Scheme (NSS) and the Yoga & Meditation Club of Nallamuthu Gounder Mahalingam College (Autonomous), Pollachi, organized the 11th International Day of Yoga on 21st June 2025 at Vivekanandar Arangam.

Resourse Person:

1. Acted as a Resource person "**Foundation Course for Students**" held at Udumalpet Manavalakali Mandram on 02.10.2022.
2. Acted as a Resource person in **Capacity Building Programme** on the topic of "Mend your Mental Health through Yoga" Life Skills through SKY Yoga for Students organized by PG Department of Chemistry & Department of Human Excellence, Nallamuthu Gounder Mahalingam College, from 14.11.2022 to 18.11.2022.
3. Acted as a Resource person for one day **Workshop** on "Yoga for Holistic Health" for Students organized by Department of Tamil, REV Jacob

Memorial Christian College Ambilikkai (Arts, Science & Commerce) Dindigul on 06.01.2023.

4. Acted as a Judge for **Yoga Competition for Students and Faculty** members from NGM College on the occasion of Sports day Organized by Department of Physical Education, NGM College, Pollachi, on 20.03.2023.
5. Acted as a Resource person for "Art of Self Management" course conducted at Sakthi Institute of Information and Management Studies"(SIIMS) Pollachi on the topic "**Challenges and Opportunities**" on 12-10-2023.
6. Acted as a Resource person for "Art of Self Management" course conducted at Sakthi Institute of Information and Management Studies"(SIIMS) Pollachi on the topic "**Transforming the energies for Receiving the Go**al" on 08-11-2023.
7. Acted as a Resource person for "Art of Self Management" course conducted at Sakthi Institute of Information and Management Studies"(SIIMS) Pollachi on the topic "**The Power of Mind**" on 21-08-2024.
8. Acted as a Resource person for Life Skill Program on **"Health and Hygiene: Essential Life Skill for Personal Health and Hygiene"** for Students organized by Department of Commerce IV, Rathinam College of Arts and Science, Coimbatore on 17.07.2025.
9. Acted as a Resource person for Life Skill Program on **"Basic Yoga Programme for Rural Women"** for Rural village women organized by Nachimuthu Gounder Municipal Maternity Home, Coimbatore on 11.09.2025.

10. Acted as a Resource person "**Shanthi Meditation explanation and thetchai**" held at Malaiyandi Goundanoor, Udumalpet Manavalakali Thirukovil on 01.02.2025.
11. Acted as a Resource person for the team engaged in MGR mid day meal on the topic "**Diet Nutrition for Children**" on 29-07-2023 Organized by Munipal Office Pollachi.
12. Acted as a Resource person for the team engaged in MGR mid day meal on the topic "**Diet Nutrition for children**" on 24-09-2023 Organized by Munipal Office Pollachi.
13. Acted as a Resource person for "**Art of Self Management**" course conducted at Sakthi Institute of Information and Management Studies"(SIIMS) Pollachi on the topic "**The importance of Mind**" on 20-08-2025.
14. Acted as a Resource person for "**Art of Self Management**" course conducted at Sakthi Institute of Information and Management Studies"(SIIMS) Pollachi on the topic "**Time Management**" on 08-10-2025
15. Acted as a Resource person for "**Art of Self Management**" course conducted at Sakthi Institute of Information and Management Studies"(SIIMS) Pollachi on the topic "**Need for Human Excellence**" on 30-10-2025.

Awards and achievements:

- Participated in "**Spiritual World Record 2021**" organized by World Community Service Centre on 28.03.2021.

Extra-Curricular Activity:

1. **Participated in NGM MINI Marathon** (Inter- College Event) in 3 kms Organized by Dept, of Physical Education, NGM College, on 11-08-2016.
2. **Winners in Throw ball** Competition conducted by Dept, of Physical Education in SIICAA held at NGM College, on 23.12.2017.
3. **Winners in Throw ball** Competition conducted by Depart, of Physical Education in SIICAA held at NGM College, on 27.01.2019.
4. **Winners in Badminton** and won the III position Competition conducted by Depart, of Physical Education in SIICAA held at NGM College, on 02.05.2023.
5. **Winners in Throw ball** and won the I position Competition conducted by Depart, of Physical Education in SIICAA held at NGM College, on 02.05.2023.

Declaration

I hereby declare that the above-furnished information is true to the best of my knowledge.

Yours Faithfully

[Dr.S.MAHESWARI]