

# Curriculum -Vitae



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Date of Birth	: 11.11.1968
Designation	: Assistant Professor
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## **Educational Qualification**

Degree	Discipline	University	Year of Passing
B.A.,	B.A., Eng (Lit)	Madras University	1988
M.A.,	History	Madras University	1990
M.Phil	History	Madras University	1992
M.A.,	English Literature	Annamalai University	2008
B.Ed.,	English Literature	Tamil Nadu Teachers Education University	2009
M.A.,	Yoga for Human Excellence	Bharathiar University	2009
Ph.D	Yoga for Human Excellence.	Bharathiar university	2020
YTTC	Yoga Alliance 200 hours Teacher Training course	Manushi Institute of Yoga, Chidambaram	2021
DYT	IAYT Certified Yoga Therapy Course	Manushi Institute of Yoga, Chidambaram	2022
M.ACU	Master in Acupuncture	ATAMA –Acupuncture is traditional alternative medical association	2023

## Teaching Experience

Period	Position Held	Organization	Years
1992 to 1993	Lecturer in History	Sri Saradha College, Salem	1
1999 to 2002	Teacher in History & English	Nachiyar Vidhyalam, Pollachi.	3
2006 to 2008	Lecturer in History	N.G.M. College, Pollachi	2
2009to 2010	Teacher in History and Geography	LMS School, Pollachi	1
2010to 2017	Assistant Professor in Sky yoga	Sky Yoga center, Aliyar	7
2017 to Till date	Assistant Professor in Human Excellence	N.G.M. College, Pollachi.	7

**Area of Specialization** : Yoga & Health related training.

**Teaching Experience** : 21 years

**Refresher course/Orientation course attended:**

- 2002 : Certificate in Effective Teaching & Communication  
Holy mother Sarada Trust, Coimbatore.
- 2004 : Certificate in Painting & Embroidery
- 2006 : Business English Certificate, University of Cambridge,  
(ES OL Examinations)
- 2007 : Master course in Yoga, Kundalini Yoga and Kaya Kalpa

Research foundation, Aliyar.

➤ 2013 : Assistant professor Trainee refresher course, SMART-WCSC, Aliyar.

➤ 2016-2017: Worked as YYE coordinator & YHE coordinator in SKY Yoga trust, Pollachi.

## **Research Project**

1. Seed Money Project on the title of "**Integrative Approach for Diabetes Prevention: Yoga And Plant based Diet**" funded by Nallamuthu Gounder Mahalingam College, Pollachi, (April to September 2024).

### **2. Journal Publication**

1. Published article in the journal named "**International journal of Advancement in Research and Technology**" (ISSN)(2278-7763)(IJOART)issued vol 4 issue, **5 May 2015** Edition. Topic: Student – Teacher Relationship.

2. Published article in International journal named "**STM – journal**" – A journal of Life Sciences (ISSN: 2249-8656) volume 4, issue **2015**. Topic: "**Healthy food Habits**"

3. Published article in UGC approved journal Shanlax International Journal of Arts, Science and Humanities.—ISSN—2321-788x, volume **March,2018**. Topic; "**World without War**"

4. Published article in UGC peer reviewed International Journal of Scientific Research and Modern Education (IJSRME) Impact Factor: 7.137, ISSN (Online): 2455 – 5630 ([www.rdmodernresearch.com](http://www.rdmodernresearch.com)) Volume 7, Issue 1, 2022 57 Topic- “**yogic practices and mindfulness**” 21<sup>st</sup> may **2022**.
5. Participated in International Tamil Conference and Published article in UGC approved journal Humanities in Tamil Literature. Topic “**Spirituality Fosters Humanity- (18\7\2019.)**
6. “**Sky yoga - A Yoga for Modern age**” – A Glimpse, Kanpur Philosophers International Journal of humanities, Law and Social Sciences- ISSN 2348-8301-- Vol. IX, issueno.15 : **2022**, Volume-9, Issue1, No.15,2022. Page No 129-133
7. “**The Principles of Integral Yoga Substantiates the Principles of Sky Yoga**”- Journal of Management & Entrepreneurship- ISSN : 2229-5348 - UGC Care Group 1 Journal, Vol. 16, No.2 (X), April - June **2022**.p.no 88
8. Rabindra Bharathi Journal of Philosophy, Published in Department of Philosophy , Rabindr Bharatiuniversity- “**Swami Vivekananda’s Concept of Universal Religion**”- UGC Care Group1Journal ISSN:0973-0087 Vol:XXXIII, No:19, **2022**
9. “**Harmonizing Ancient Traditions with Contemporary Science : Explaining the scientific Basis of Yoga**”- History research Journal-0976-5425-**2024**

**10. "Therapeutic Role Of Yoga in Type-II Diabetes"**- South India Journal Of Social Sciences-0972-8945, July – December : **2024**

**11. "Yoga Therapy For Cervical Spondylosis"**-Journal of Educational Planning and Administration ISSN : 0971-3859 ; Vol XXXIX NO. 2, April - June **2025**

### **Short Term Course**

1. NPTEL Online Certification Course on the topic "**enhancing soft skills and personality**" (**Score – 79% Elite**) for Eight weeks has been completed during Feb-April **2020**.
2. "**Yoga Therapy for Reversing Diabetes**" conducted by Manushi Institute of Yoga, Chidambaram. ( July 24th-April 28 th **July 2023**)
3. Completed of **yoga Teacher Training Course** conducted by Ministry of AYUSH, Government of India. Certificate no:P000048211, validity period from 14 June 2023 to 13 June **2023** Evaluated by Yogic Early Education Service Trust certified by yoga certification board .
4. Completion of 15 weeks course on "**Introduction to Natural Health Science**" certified by International Hindu University under ancient spiritual wisdom of the Hindu Dharmic way of life (**30.05 . 2023**)
5. Completed 200 hour **Functional Plant-Based Health Coach** Organized by Manushi Institute of Yoga , Chidambaram (**O2.11.2023**)

6. Completed **Ayush certified Yoga volunteer teacher training course**  
YVTTC- 36 hours conducted by Manushi Institute of Yoga , Chidambaram.  
( March 27th-April 15<sup>th</sup> 2024)
7. Completed two years ‘Diploma in Yoga Therapy’ in Manushi Institute of Yoga, Chidambaram (**2019-2021**)
8. Completed Masters course in **Acupuncture** – The natural healing technique-**2023**

## **Paper presented in Seminars & Conferences**

1. UGC sponsored national seminar on “**perspectives of Indian Tourism Industry,**” held at **N.G.M. College, Pollachi** - 25.01.2007.
2. UGC Sponsored Notional Symposium on” Ethics and Human Values” held at Gobi Arts and Science college, Topic: “**Eternal Values of human Life**”- 05.10. 2007.
3. CSIR Sponsored National Level Conference on” **Recent Trends in Environmental Management and Technology,**” held at N.G.M. College, Pollachi.- 14.08.2008
4. UGC Sponsored National Conference on” Human Excellence through ethics and value education” Topic: “**Need of Human Excellence in Curriculum**” held at NGM College on 04.10.2008.

5. National conference on “**Yoga for Holistic Health**”- topic The influence of 19<sup>th</sup> Century Ideologies on “Vethathiri Philosophy” held at Aliyar-2013.
6. National Seminar on “Empowering the youth to enrich mankind” Topic of the paper “**Passion for Excellence**” held a the Department of Human Excellence-2016.
7. International conference of Indian Society for Indic Studies (ISIS)- **topic “Yoga at School”** held at National Youth Center New Delhi- 2013.
8. International Seminar “The Success of Human Life Lies In Harmony With Nature” – Topic:“**Save trees and Save Earth**” held at N.G.M College on 21st September, 2017 (ISBN: 978-81-933882-9-7)
9. National Conference-“**Contributions and Impacts of Intellectuals, Ideologists and Reformists towards Socio-Political Transformation in 20th century**” held on 20<sup>th</sup> September ,2017 at N.G.M College.
- 10.Trained yoga for secondary grade science teachers organized by Physics Department, held at N.G.M College on 1<sup>st</sup> September, 2017.
- 11.Participated in International Webinar on “**The Secret of Raw Food**” Organized by Manushi Institute of Yoga, Chidambaram(online) 12.09.2021

12. International virtual “Vegan Conference”-Topic “**The impact of Diet in the overall wellness-Body, Mind & Soul**” Organized by International Vegan Alliance & Manushi yoga Institute, Chidambaram Zoom(15&21.11.2021)

13. International Short term Programme- Topic-“**Fight Diabetes with Food**” by Physicians Committee and Manushi Institute of Yoga, Chidambaram(19.08.2021 to 7.10.2021)

14. International Conference, topic “**Swami Vivekananda’s Concept of Universal Religion**” organised by the Department of Tamil, NGM College, Pollachi. (12\12\2021)

15. International Conference on “**Yoga Therapy for Freedom from Diseases**” topic- “**Yoga Therapy for Back Pain**”- ISBN No: 978-81-952209-0-8- (13,14.08.2022)

16. Participated in online **HSRC International webinar** Topic “**Transforming global education**” Organized by Holistic Science research Center, Surat.Gujarat. (25.09.2022)

17. Participated & Presented paper in the International Conference Rural Women Empowerment through Entrepreneurship “**Yoga for Rural Women Entrepreneurs**” ISBN:978-93-5780-553-7-2023-(19.01.23 and 20.01.23)

18. Participated & Presented paper in the World 1<sup>st</sup> Yoga Therapy Conference in Metaverse on the topic **“Yogic Intervention for Hypertension”** Organised by Manushi Yoga Institute, Chidambaram on the eve of 9<sup>th</sup> International Day of Yoga. (17.06.2023) .

19. Participated in the 10<sup>th</sup> International yoga Day webinar-topic **“Amazing Facts about Yoga”**. Organized by **WCSC- Vision, Sky Research Centre, Aliyar** in collaboration with **Indian Yoga association.** (15/06/2024)

20. Participated & Presented paper in the International Conference topic 48<sup>th</sup> International Conference on Recent Advances in Whole food Plant - Based Nutrition and Health Care- **“Plant Based Diet And Efficacy of Yoga to Prevent Cardiovascular Diseases”** -ISBN No: 978-81-96194604- November 1<sup>st</sup> & 2<sup>nd</sup>-2023

21. Participated and presented paper in the 1<sup>0th</sup> International yoga Day seminar-topic on Seminar on “Exploring the Transformative power of Yoga” on the topic **‘The scientific Perspective of yoga: Bridging Ancient Wisdom with Modern Perspective.** ( 18/06/2024)

22. Participated in the 1<sup>0th</sup> International yoga Day webinar-topic **“Amazing Facts about Yoga”** Organized by **WCSC- Vision, Sky Research Centre, Aliyar** in collaboration with Indian Yoga association, Tamil-15/06/2024

23. Participated and presented paper in the 6<sup>th</sup> International **Conference on Recent Advances in Science, Engineering & Technology** organized by Arjun College of Technology-2024 on the topic “**Yoga Therapy For Arthritis**”(13 & 14.04.2024)

**24.** Participated and presented paper in the Global Conference-“ Neuro Well Being through Yogic Sciences” for 11<sup>th</sup> International Day of Yoga, title “Yoga Nidra” on June 2025.

**25.** Participated and presented paper in National Seminar Sponsored by Indian Council Of Social Science Research Vision Vikshit Bharat 2047: Contribution and Initiatives of Digital India for Empowering Rural Women, title “Empowering Rural Women Entrepreneurs Through Yoga: A Pathway to Holistic Growth and Self-Reliance” (30.01.2025)

**26.** Participated and presented paper in National Seminar Sponsored by Indian Council of Social Science Research “Empowering India through Digital Transformation– A Sustainable Approach”- title ‘Using Yoga to Create a Meaningful Life in a Digital World’( July 2024)

**27.** Participated and presented paper in one day International Seminar on ‘Matrashakti in Yoga’ title- ‘The Power of Women in Yogic Evolution: Prenatal Yoga’ (8.3.2025)

**28. The Global Conference- “ Neuro Well Being through Yogic Sciences Exploring the yogic pathways to brain health & mental harmony”- Title “Yoga Nidra” (21 .6.2025)**

**29. One Day International Conference On "India-Malaysia Bilateral Relations: Strengthening Economic, Strategic and Cultural Ties In The 21" Century" Sponsored By Indian Councilof World Affairs (Icwa), New Delhi.- title ‘Yoga & Ayurveda In Malaysia: Harnessing India’s Spiritual Soft Power in the 21<sup>st</sup> century’ (August 20<sup>th</sup> 2025)**

**30. Icssr- Src Sponsored National Seminar“Harnessing Artificial Intelligence, Innovation And Technology: A Pathway To Economic Transformation And Sustainable Development In India”- title ‘Spiritual Intelligence and Artificial Intelligence: Finding Harmony’ (19.09.2025)**

**31. Published book Chapter in the book “Rooted in Heritage: Integrating Education with Indian Knowledge Systems and Community Support” title- “Holistic Harmony: Integrating Ayurveda And Indian Knowledge Systems For Sustainable Well-Being”( 31.1.2025)**

## **Refresher Course Attended**

**1. Attended Assistant Professor Refresher Course held at Temple of Consciousness , Aliyar.(08.07.2017-10.07.2017)**

2. Attended **Assistant Professor Refresher Course** held at Temple of Consciousness, Aliyar. (08.07.2022-10.07.2022)
3. Attended in 3 days “**Vedic Meditation Camp**” Topic Detox Your Body and Mind Organized by Manushi Institute of Yoga, Chidambaram @ Sat Darshan, Spiritual Learning Center,, Kerala (27.09.2022to 29.09.2022)
4. Attended 7 days **the District Judges Training Program** in the discipline of Yogasana Sports from 11-11-2022 to 17-11-2022 at virtual mode and qualified as District Judge Level -2 with A grade.
5. Attended in Skill Development Programme Topic “**Improving Communicative Skills**’ Organized by Department of English Language, NGM College (05.11.2022)
6. Attended training program conducted by “**Intellectual property awareness mission** “.(27-01-2023)
7. Attended **5 days Internship Yoga Training Program** Organized by Manushi Institute of Yoga, Chidambaram HLC Ayurveda and Nature Cure Hospital, Bangalore 24.12.2022to 29.12.2022
8. Participated in **Professional Development Program** Noyilla Vazhvirkku Tamizhar Maruthuvam Organized by Tamil Department, NGM College. 24.11.2023

9. Attended the **District Judges training program** Hybrid Mode Organized by Tamil Nadu Youth Yogasana Sports Association ( 11.11.2022 to 16.11.2022)

10. Participated in 5 days **Natural Health science Camp** Organized by Sangamam Natural Healthcare Hospital, Trichy ( May 25<sup>th</sup>-30<sup>th</sup>- 2023)

11. Participated in one day Zonal Refreshers Course organized by The Directorate of Smart @ Coimbatore on 29.12.2024.

### **Refresher Course/Orientation Course/PDC/FDP Organized**

1. **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 2408-2018.
2. Co-ordinated 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.
3. Organized 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.

4. Organized Seven Days internationale-Quiz Theme ‘**My Yoga My Life Yoga**’ Topic-“**Yoga Boost your Immunity during Covid-19 Pandemic**” for Dept. Of Human Excellence, nallamuthugounder mahalingam College, Pollachi **Quiz - <https://forms.gle/mfnq2bzcfwnsytbn8>**
5. 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.
6. **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.
7. **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.
8. Two days **Workshop** for Soft skill 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.

9. Two days **Workshop** for Softskill on “**Shanhi Meditation (Initiation) for Students**” Organized by Department of Human Excellence, Nallamuthu Gounder Mahalingam College, Pollachi, on 02-09-2022 to 05.09.2022.

**10.** 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.

11. Organized **Professional Development Program** for Teaching & Non teaching faculty **Topic “Yoga the way of life”** Resource person Dr. T. T. Shanmugavelu, Sky senior professor, Hosur ( 08.11.2022)

12. 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.

13. Organized workshop for 9th yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2023

14. Co-ordinate **the 9<sup>th</sup> International Day of Yoga 2023**, June 21 Celebrated in association with Mahalingam College of Engineering and Technology, Nachi Muthu Polytechnic College, Pollachi, Pollachi College of Arts and Science, Poosaripatti, and Nallamuthu Gounder Mahalingam College , Pollachi.

15. **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.

16. **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.

17. **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.

18. **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.

19. **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.

20. **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.

21. **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.

## **Seminars, Conference Participated**

1. 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.
2. 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.
3. Participated in International Yoga conference “**Yoga Sathra Sangamam**” Organized by Vivekanada Kendra , Kanyakumari .(24.02.23 to 26.02.23)
4. Participated in ICSSR Sponsored National Seminar on National Education Policy Challenges and opportunities for higher educational Institution Organized by Department of Commerce, NGM college. 16&17 March2023

5. Participated in ICSSR Sponsored National Seminar Women's Employment Entrepreneurship and Employment Organized by Department of E-Commerce, NGM college 15th March 202

## **Guest Lecture:**

**(Covid Period)**

**Vision for Wisdom, Center for Spiritual Education, Temple of Consciousness, Aliyar, Pollachi. Zoom Platform (Online)**

1. Tap the Power of Subconscious Mind for Your Success-24.08.2020
2. Importance of Sadhana- 06.01.2021
3. Who Am I – 07.02.2022
4. Sky Yoga for Mental Well Being – 05.09.2021
5. Acted as resource person for village spiritual programme Introspection 3rd stage, topic **“Karmayoga for spiritual growth”** at Sangegoundenpalayam. Participants-30
6. Served as Special Judge for Traditional Sub Junior Category Tamilnadu Youth Yogasana Sports Association. Platform - Zoom (16. 10. 2021), Participants-50
7. Served as a resource person in NGM Academic forum & gave lecture on **“Mental well-being at a workplace-a holistic view”**. Nearly 100

faculties participated and got benefitted by this programme. ). Online, Participants-101

8. Speaker in Online Yoga Therapy Lecture Marathon- “”,**Yoga & Meditation for Enhanced Mood and Mental Well-Being** Manushi Institute of Yoga, Chidhambarm Zoom Platform(16&17.06.2021)

Participants-120

9. Resource Person Off-line -AICTE Training and Learning Aca (ATAL)-  
**“SKY Yoga for Stress Management”.** PG DEPT OF Chemistry. NGM College. Microsoft teams (27.07.2021 30.07.2021) Participants – 100

10. Acted as Resource Person in M. Sc Yoga Students, Organised by Manushi Institute of Yoga, Chidambaram. (31.01.2022 to 01.02.2022).Participants-25,(Online)

11. Acted as resource person for two days skill development programme on SKY Yoga Healthy life at Nehru Arts and Science College, Coimbatore. (07.12.2021), offline.

12. Acted as resource person for various days skill development programme , introspection practices Kayakalpa practices, physical exercise and meditation and trained students and general public for **24 program** at WCSC,VISION aliyar and various SKY Trust in pollachi.**2022.**

13. **Acted as Jury** for 3<sup>rd</sup> Yogasana Sports Championship 2022- Ramakrishna Mission Vivekanavdha Education & Research Institute, Coimbatore Organized by TamilNadu Youth YogasanaSports Association 11.12.2022

14. **Served as judge** for state level yoga competition Organized by TNYYSA, Chennai 17.12.2022&18.12.2022

15. **Acted as External Examiner**(online) for diploma and Yoga therapy students Organized by SS Yoga centre ,Coimbatore 11.02.23

16. **Acted as a Judge** For Yoga Competition (Girls) Sport's Fest-23 Organized by Physical Education Department, NGM College (20.03.2023)

17. Acted as **Resource person** for NGM students in workshop “A small step makes a big difference Organized by **Human Excellence Department**, NGM College (11.04.2023)

18. Acted as **Resource person** for NGM students in workshop “A small step makes a big difference Organized by **Human Excellence Department**, NGM College (11.04.2023)

19. Acted as **Resource person** for NGM students in workshop “Sky Yoga for stress management” Organized by **Department UG Chemistry**, NGM College 28.04.2023

20. Acted as a resource person for Induction programme for first year UG students on the topic "Kayakalpa Philosophy & Practice". @ MCET College from 2.30 to 4.30 pm.(13.09.023)

21. Acted as resource person for various days skill development programme , introspection practices Kayakalpa practices, physical exercise and meditation and trained students and general public for **13 program** at WCSC, VISION aliyar and various SKY Trust in pollachi. **2023**. offline.

22. Acted as resource person for various days skill development programme , introspection practices Kayakalpa practices, physical exercise and meditation and trained students and general public for **14program** at WCSC, VISION aliyar and various SKY Trust in pollachi. **2024**.

23. Acted as resource person for skill development programme , introspection practices Kayakalpa practices, physical exercise and meditation and trained students and general public for **9 program** at WCSC, VISION aliyar and various SKY Trust in pollachi. **2025**.

## **You tube links**

[Https://youtu.be/w4z\\_ggspucc](https://youtu.be/w4z_ggspucc)

[Https://youtu.be/nhnvtlnzclc](https://youtu.be/nhnvtlnzclc)

[Https://youtu.be/dly6nzai7zk](https://youtu.be/dly6nzai7zk)

[Https://youtu.be/i26mdlhoi4](https://youtu.be/i26mdlhoi4)

[Https://www.youtube.com/playlist?List=plwchgcmvhurjvzms8b9borf0iilse-4d](https://www.youtube.com/playlist?List=plwchgcmvhurjvzms8b9borf0iilse-4d)

[Https://youtu.be/OQ6MUckZs9U](https://youtu.be/OQ6MUckZs9U)

[Https://youtu.be/Zwi\\_mdm7wgu](https://youtu.be/Zwi_mdm7wgu)

[Https://youtu.be/acalum7kf-A?Feature=shared](https://youtu.be/acalum7kf-A?Feature=shared)

[Https://youtu.be/acalum7kf-A?Feature=shared](https://youtu.be/acalum7kf-A?Feature=shared)

[Https://youtu.be/xtxqtsx2\\_c?Si=W9\\_p4flgav2\\_mibt](https://youtu.be/xtxqtsx2_c?Si=W9_p4flgav2_mibt)

[Https://youtu.be/kmy0v0y7j7g?Si=eeifl06h\\_xhekse](https://youtu.be/kmy0v0y7j7g?Si=eeifl06h_xhekse)

[Https://youtu.be/kmy0v0y7j7g?Si=eeifl06h\\_xhekse](https://youtu.be/kmy0v0y7j7g?Si=eeifl06h_xhekse)

[Https://youtu.be/yefpvhvqnqsc](https://youtu.be/yefpvhvqnqsc)

[Https://youtu.be/xazl-\\_xikvc](https://youtu.be/xazl-_xikvc)

## Associated Institutions

1. Associated as resource person for UG & PG students with “**Vethathiri Maharishi’s sky yoga, system**” since 2007 till date
2. Associated with “**Manushi Institute of yoga**” as a resource person since 2020 till date
3. Associated with “**Indian yoga association**” since 2022 till date and membership in Indian yoga association, ID No:IYA/2022/YP3528(YPM)
4. Associated with “**SS Yoga center Coimbatore**” as external examiner, since 2023 till date
5. Associated with “**Tamil Nadu youth Yogasana Sports Association**” as Judge & Trainer since 2022 till date

## **Awards & Recognition**

1. **"Spiritual World Record"** event, authenticated by Limca as a world record. With unwavering dedication, she immersed herself in Pancha Bootha Navagraha Meditation, The World Record Event was organized by World Community Service Centre, Temple of Consciousness, Aliyar, Pollachi, and Coimbatore District- 28.03.2021

2. participated and was a speaker of **longest Online Yoga Therapy Lecture Marathon** conducted by Manushi Institute of Yoga (online) continuously for 25 hours with 25 special guests from 25 countries with 50 Speakers on June 16<sup>th</sup> 2021 10am to 17<sup>th</sup> June 2021 10 am without any break.

3. Appointed as **Director, Cardiac Wing, ICRAPBN** 23, in 48<sup>th</sup> International Vegetarian Union, Jointly organized by International Vegan Alliance & Manushi Institute of Yoga, Chidambaram held at Brahma Kumaris Retreat Chennai.(Nov,20-23)

4. Nominated as **Technical official for 3<sup>rd</sup> sub junior Yogasana Sports Championship** 2022-2023 at Kendriya Vidyalaya School, Sowripalayam 1, Coimbatore, Organised by TNYYSA 14<sup>TH</sup>, 17<sup>TH</sup> December2022

5. Awarded with "**Best Yoga Teacher Award**" for performing 27 rounds of "**Suryanamaskar**" for **10<sup>th</sup> international day of yoga** conducted by SS yoga Center , Coimbatore.(30.06.2024)

7. Participated in Yoga Competition & **won the 1<sup>st</sup> Prize - Gold medal** in Sport's Fest-23 Organized by Physical Education Department, NGM College, (23.03.2023

8. Awarded with “**Patanjali Yoga Award**” for the contribution in the field of yoga for 20+ years given by Manushi Institute of Yoga, Chidambaram on 04.01.2025.

9. Awarded with “**Best yoga teacher**” for the occasion 11<sup>th</sup> International day of yoga Moongambigai hall, Chennai, 22.6.2025

## **Declaration**

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

[ **Dr.S.Jagadambal**]

