

Resume

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Educational Qualification: M.Com.,M.Phil.,MA(Yoga),DYT.

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Udumalpet
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PROFESSIONALEXPERIENCE

- ❖ Working as an Assistant professor, Department of Human Excellence, NGM College, Pollachi from 27.07.2015

EDUCATIONALPROFILE

DYT (*Dip in Yoga Therapy*)

M.Phil *Commerce*
Bharathiar
UniversityCoim
batore– 21

M.Com *Shri GVG Visalakshi for Women, Udumalpet*

MA *Yoga for Human Excellence (VISION for WISDOM,Aliyar)*
BharathiarUnive
rsityCoimbatore
– 21

B.Com *Shri GVG Visalakshi for Women, Udumalpet*

Paper Presented:

1. Participated & Paper presented in International E-Conference on the topic “**Spiritual vaccination for Novel pandemics**’ organized by Government of Maharashtra, Government Vidarbha Institute of Science&Humanities on Strategies and challenges in Higher education during COVID-19 lockdown period in India with reference to world.
2. Participated & Paper Presented in International Conference on Humanities in Tamil Literature on the topic “**Geethaikoorum Gnanam**”18.07.2019
3. Paper presented on the topic ‘**Yoga a Digital Detox**’ in National seminar(ICSSR) on “Empowering India through Digital transformation : A sustainable Approach” organised by Department of E.Commerce on 19thjuly 2024.
4. “Rural women empowerment through entrepreneurship” conference organized by Department of E.com NGM College on the topic **Greatness of Women.**
5. **Yogic Management of Migrane** article published in International Seminar organized by Manushi Institute of Yoga on 13.8.2022 to 14.8.22.
6. Paper published on the topic on ‘Empowerment through balance: **Yoga & Nutritious food for women**’ & Participated in ICSSR sponsored National seminar on “Harnessing AI,Innovation & Technology:A Pathway to economic Transformation and sustainable Development” on 19.09.2025 organised by Department of B.Com PA, NGM College, Pollachi.
7. Participated and paper presented on One Day National seminar ‘Bridging the Digital Divide: Digital Financial Inclusion for Marginalised Communities in the Era of Amrit Kaal” on 09.01.2026 organised by Department Commerce CA paper entitled “**Yoga as the Soul of Vikshit Bharat@2047: Harmonising wellness, Innovation and Sustainability**”

Short term courses:

1. Teacher Training Course completed (200 Hours) on 31.03.2021 in Manushi Institute of yoga ,Chidambaram,TamilNadu
2. Diploma in Yoga Therapy(IAYT) completed in Manushi Institute of yoga ,Chidambaram,TamilNadu.
3. In SWAYAM 8 weeks course completed on September 2020 with 83% marks.
4. On 17.06.2025 Completed short term course ‘University teaching’ in Coursera.
5. On 22.07.2025Completed short term course ‘Science of Exercise’ in Coursera by University of colorado Boulder

Workshop/Seminar/Conference Participated

1. On 22.09.2021 to28.09.2021(7 Days) acted as judge Tamil Nadu State Judges Training Module in TamilNadu Youth Yogasana Sports Association.
2. International Webinar on COVID-19:Facing challenges with optimism organized by PG&Research Department of Historical studies.
3. Quaid-E-Millath Government college for women,Autonomous,Chennai. from 08.06.2020 to 12.06.2020
4. Webinar on "An Effective Research Paper Writing Skill"13/04/20 to 16/04/20 BhagwanMahavir College of Commerce and Management Studies, Gujarat.
5. National Webinar Indian Economy in post covid 19;prospects and challenges 09.06.2020 organised by THK

Jain College, Kolkatta.

6. Webinar on Role of Ayurveda in Strengthening Immune System During COVID-19/13/06/2020 organised by Department of Human Excellence GOBI Arts and Science College.
7. Webinar on Swachhtha organized by NSS&NCC Quaid-E-Millath Government college for women,.Autonomous, Chennai.
8. Webinar FDP on Appraisal of Learning Outcomes in OBE on 22.06.2020 organised by The Controller of Examinations,NallmuthuGounderMahalingam College.
9. Webinar on System Procedure for NAAC Assessment organized by IQAC NGM College Pollachi on 26.06.2020.
10. Webinar on Digital Mantra for this Digital yuga organized by Department of Management studies.JaiShriram Engineering College,Tirupur on 06.05.2021.
11. 17.3.2022 course/training completed on Yoga Therapy for back pain conducted by Manushi institute of Yoga Chidambaram.
12. 17.05.2022 Lecture presented on Yoga for Happiness in Hybrid seminar – Yoga for Holistic health harmony and happiness at NGM College Pollachi.(Online).
13. 13.08.2022 & 14.08.2022 Participated in International Yoga Therapy seminar- 2022 on “Freedom from disease” conducted by Manushi institute of Yoga Chidambaram.(Online)
14. Participated in Refresher course- 3 Days meditation Camp 27/09/2022 to29/09/2022 at Sat Darshan at Coimbatore.
15. 3/11/2022 &4/11/2022Two days NAAC Sponsored National Virtual seminar organised by NGM College pollachi
16. Attended professional development programme on the topic "Noillavalvukkuthamilarmaruthuvam" organised by Department of tamil literature NGM College, Pollachi on 24.11.2022.
17. Participated in Two days ICSSR sponsored National seminar on “Rural women Empowerment through Entrepreneurship” on 19.01.2023&20.01.2023 organised by Department of E-Commerce, NGM College, Pollachi
18. Participated in one day ICSSR sponsored National seminar on “Women’s Employment, Entrepreneurship and Employment on 15.03.2023 organised by Department of E-Commerce, NGM College, Pollachi
19. Attended Two Days ICSSR sponsored National Seminar on ‘National Education Policy:2020- Challenges and Opportunities for Higher educational Institution’ organised by Department of Commerce, NGM college, Pollachi on 16..03.2023 & 17.03.2023
20. Organized PDP on the topic Acupuncture-The art of healing Health camp 29.02.2024
21. Participated in one day ICSSR sponsored National seminar on “Harnessing AI,Innovation & Technology:A Pathway to economic Transformation and sustainable Development” on 19.09.2025 organised by Department of B.Com PA, NGM College, Pollachi

FDP

1. 24.08.2018 coordinated FDP organized by Dep. of Human Excellence, Academy for Professional Development& Training and Placement NallamuthuGounderMahalingamCollege, Pollachi.
2. 12.06.2019 to 14.06.2019 Participated on Recent Trends in Higher Education in Science and Humanities to Rural Students organized by NallamuthuGounderMahalingam College, Pollachi.
3. 29.4.2020 to 1.5.2020 on Moodle – LMS organized by Spoken Tutorial Project, IIT Bombay.
4. 16.05.2020 to 23.05.2020 Research methodology for Beginners organized by PG&Research Department of

Social Works.

5. 18.02.2021 Embracing change certification course organized by NallimuthuGounderMahalingam College.
6. Participated in Two days ICSSR sponsored National seminar on “Rural women Empowerment through Entrepreneurship” on 19.01.2023&20.01.2023 organised by Department of E-Commerce, NGM College, Pollachi
7. Participated in one day ICSSR sponsored National seminar on “Women’s Employment, Entrepreneurship and Employment on 15.03.2023 organised by Department of E-Commerce, NGM College, Pollachi
8. On 08.11.2022 one day Professional Training Programme on the topic ‘yoga the way of life ‘was organized.
9. 14.11.2022 to 18.11.22 Capacity Development programme for students jointly organised by Department of Human Excellence & Department of Chemistry and acted as a Resource person
10. Attended professional development programme on the topic "’Foundation of Teaching Learning organised by NGM College, Pollachi on 24.11.2022.
11. Organised Workshop on the eve of International Year of Millets - 2023 Celebration on “Rich in Heritage full of Potential” (10 Days) 01.04.2023 to 10.04.2023.
12. Organized PDP on the topic Siddha for Health & Hygiene on 08.02.24
13. Organised 7 Days FDP on the topic Yoga for Healthy life from 29.01.2024 to 05.02.2024
14. Organised PDP on Importance of siddha for health & Hygiene on 08.02.2024.
15. Organised workshop for students on International Year of Millets - 2023 Celebration on “Rich in Heritage full of Potential” on 10.03.2023.
16. Organized - Two days Workshop for students Soft Skill Development in the title of Agna Initiation from 24-07-2024 to 25-07-2024.
17. Organized - Two days Workshop for Soft Skill Development in the title of Shanthi Initiation from 01.08.2024 to 02.08.2024
18. Organized Workshop on "Enhancement of Mental Wellbeing." for Students on 05.08.2024
19. 7 Days Faculty Development Programme Organized and attended for Teaching Faculty - Yoga for Emotional Stability from 15.07.2024 To 24.07.2024
20. 7 Days Faculty Development Programme Organized and attended for Teaching Faculty – Lifestyle enhancement for Wellness from 25.07.2024 To 02.08.2024
21. 7 Days Faculty Development Programme Organized and attended for Teaching Faculty –Enhancement of Mental Wellbeing from 05.08.2024 To 13.08.2024
22. 5 Days Faculty Development Programme Organized and attended for Teaching Faculty - Yoga for Physical, Mental & Spiritual Wellbeing from 04.11.2024 To 08.11.2024
23. 5 Days Faculty Development Programme Organized and attended for Teaching Faculty - Yoga for Physical, Mental & Spiritual Wellbeing from 11.11.2024 To 15.11.2024.
24. 5 Days Faculty Development Programme Batch I Organized and attended for Non Teaching Faculty – staff from 20.01.2025 to -25.01.2025 ‘Yoga for improving Concentration, Stress Relief & Work Place efficiency.
25. 5 Days Faculty Development Programme Batch II Organized and attended for Non Teaching Faculty – staff from 21.01.2025 to -25.01.2025 ‘Yoga for improving Concentration, Stress Relief & Work Place efficiency.

26. 5 Days Faculty Development Programme Batch III Organized and attended for Non Teaching Faculty – staff from 27.01.2025 to -31.01.2025 ‘Yoga for improving Concentration, Stress Relief & Work Place efficiency.
27. 5 Days Faculty Development Programme Organized and attended for Non Teaching Faculty – staff from 08.08.2025-18.8.2025 .
28. 5 Days Faculty Development Programme Organized and attended for Non Teaching Faculty – staff from 25.08.2025-02.09.2025.
29. 5 Days Personality Development Program attended on ‘Foundation of Teaching Learning organized by NGM College from 13.5.2025 to 17.05.2025.

Training/Workshop/Seminar/Conference Organised

1. One Day National Workshop on Organic farming for Holistic life organized by Department of Human excellence.NGMCollege.(24.07.2019)
2. International E-Conference from 25.05.2020 to 31.05.2020 on ‘Handle COVID-19 with Healthy and Effective lifestyle.
3. International Workshop on “Yoga for Heart care” from29.09.2021 to 01.10.2021.
4. On 20.01.2022 organised Yoga therapy for menstrual disorder for college students .
5. Organized PDP on the topic Siddha for Health & Hygiene on 08.02.24
6. Organized PDP on the topic Acupuncture-The art of healing- Pulse Diagnosis Health camp 29.02.2024
7. 10 Days International Year of Millets - 2023 Celebration on “Rich in Heritage full of Potential from 01.04.2023 to 10.04.2023.
8. Organised Workshop-Thuriyam Initiation on 31/12/2024 & 2/1/2025at NGM College ,Pollachi.
9. On 31.12.24 Work shop Agna Initiation organised for All UG Students at Vallalar Arangam Department of Human Excellence.
10. On 10.07.2025 Two days Work shop Capacity building programme-Kayakalpa Technique for Longevity organised for All UG Students at Vallalar Arangam Department of Human Excellence.
11. On 29.01.2025 **organised-The Impact of Social Media on Student’s Mental Health** for All UG Students at Vallalar Arangam Department of Human Excellence.
12. **21.07.2025 2 Days Workshop on Soft Skill Development** Agna Initiation organised for All UG Students at Vallalar Arangam Department of Human Excellence.
13. **28.07.25&29.07.25 2 Days Workshop on Soft Skill Development** Shanthi Initiation organised for All UG Students at Vallalar Arangam Department of Human Excellence.
14. **31.12.2024&1.1.2025 2 Days Workshop on Soft Skill Development** Duriam Initiation organised for All UG Students at Vallalar Arangam Department of Human Excellence.

Extension Activity

1. 10.10.2021 to 20.10.2021 acted as a Referee in Tamil Nadu Yogasana Sports Champion Ship (Virtual) .

2. 07.12.2021 acted as a resource person for an awareness programme at Nehu Arts & Science collegeCimbatore.
3. Acted as a Resource person for M.sc YHE Bharathiar University at Temple of consciousness ,Udumalpet on the Topic World Peace dated 09.10.2022.
4. Acted as a resource person At SIIMS Pollachi on the topic Art of Self Management dated on 20/10/2022.
5. Acted as resource person for Art of self-management course conducted by SIIMS Pollachi on 6.10.2022
6. 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
7. Acted as a resource person for SIIMS Pollachi.on 12.09.2024 on the topic Need of Human Excellence.
8. Acted as a resource person in Yoga Training Programme on 26/09/2024 Extension- Nachimuthu Municipal Maternity Home,Pollachi.
9. Acted as a resource person in Yoga Training Programme to BVN Matriculation School,Pollachi on28/12/2024.
10. Acted as a resource person At SIIMS Pollachi on the topic Stress Management dated on 06.08.2025
11. Acted as a resource person At SIIMS Pollachi on the topic Stress Management dated on 20.08.2025 on the topic 'The importance of mind.
12. Acted as a resource person At SIIMS Pollachi on the topic 'Meditative techniques' for holistic wellbeing dated on 6.11.2025.

Awards and achievements

1. Participated in 'spiritual world Record 2021' organized by World Community service Centre on 28.03.2021.
2. Awarded as 'Speaker of Longest Online Yoga Therapy Marathon-Online world Record by Manushi Institute of Yoga from 16.06.2021 to 17.06.2021
3. Qualified as Referee by Tamil Nadu Youth yogasana Sports Association on 28.09.2021
4. Awarded as certified Yoga Therapist 22.12.2022 by Completing 860 hours Diplamo in Yoga Therapy in Manushi Institute of Yoga.
5. Participated in '3 Days Vedic Meditation' at Sat Darshan ,Kerala,India from 27.09.2022 to 29.09.2022.
6. Honored by Kailai trust by certificate for panjapuranam recitation on 22.12.2025

