

Profile

Name : D. Yashotha

Date of Birth & Age : 02.06.1990 & 35 Years

Designation : Assistant Professor

Official Address : Department of Human Excellence,
NallamuthuGounderMahalingamCollege
Pollachi – 642001

Email – ID : dyashotha@gmail.com

Educational Qualification: B.Sc (CS), M.SC (YHE), M.L.I.S

Course	Major Subjects	College/University/Institution	Year of Passing	Percentage
B.SC	Computer Science	Devanga Arts College, Aruppukottai. Madurai Kamaraj University	2010	65%
Msc	Yoga for Human Excellence	Tamilnadu Physical Education and Sports University	2013	68%
MLIS	Library Science	Annamalai University	2018	63%

Area of Specialization : Yoga & Health related training, Thirukkural
Teachings, Ethics and Culture

Teaching Experience : 2 years

Short Term Course :

1. NPTEL Online Certification Course on the topic “**Mental Health and Wellbeing**” (Score – **88% Elite**) for Eight weeks has been completed during Jul – Oct 2025

Journal Publications

1. **Presented a paper on “*The Art of Peace: Vethathirian Wisdom for a Warless World*” in the Aathiyoga Indian Journal of Ancient Medicine and Yoga (AIJAMAY) (ISSN: 3048-9822), published in February 2025.**
2. **Presented a paper on “*The Power of Yoga and Meditation in Combating Sleep Disorders*” in the Aathiyoga Indian Journal of Ancient Medicine and Yoga (AIJAMAY) (ISSN: 3048-9822), published in March 2025.**
3. **Presented a paper on “*Self Inquiry Vs Self Analysis: Two Paths One Truth*” in the Aathiyoga Indian Journal of Ancient Medicine and Yoga (AIJAMAY) (ISSN: 3048-9822), published in April 2025.**
4. **Presented a paper on “*Neurophysiological Correlates of Meditative States: A Comprehensive Analysis of Brainwave Modulation, Neuroplasticity and the Efficacy of Simplified Kundalini Yoga*” in the Aathiyoga Indian Journal of Ancient Medicine and Yoga (AIJAMAY) (ISSN: 3048-9822), published in December 2025.**
5. **Presented a paper on “*Yoga Therapy for Cervical Spondylosis*” in the Journal of Educational Planning and Administration (ISSN: 0971-3859), published during April–June 2025.**

Seminars, Conference

Paper Presented

1. Published a paper titled “*Pavai Nonbu – Varalaru, Thathuvam, Araneri*” in the International Journal *Valar Tamil Aivu* (ISSN: **2583-0139**), published during 18 & 19 May 2024, pp. 148–151, World Tamil Sangam, Madurai.
2. Published a book chapter titled “*Harnessing the Yogic Potential for Self-Realization in the Digital Age*” in the edited volume *Empowering India through Digital Transformation – A Sustainable Approach* (ISBN: **978-93-340-6921-1**), released on

19th July 2024, pp. 45–55, from the ICSSR sponsored National Seminar on *Empowering India through Digital Transformation – A Sustainable Approach*, organized by the Department of Commerce – E-Commerce, NGM College, Pollachi.

3. Published a paper titled “*Andal Natchiyarin Amutha Tamizh*” in the National Journal *Valar Tamil Aivu* (ISSN: 2583-0139), published on 18th January 2025, pp. 293–296, World Tamil Sangam, Madurai.
4. Published a book chapter titled “***Sacred Strength: The Divine Power of Women’s Empowerment***” in the edited volume *Vision Vikshit Bharat 2047: Contribution and Initiatives of Digital India for Empowering Rural Women* (ISBN: 978-93-94004-84-1), released on 31st January 2025, pp. 225–228, from the ICSSR sponsored National Seminar on *Vision Vikshit Bharat 2047: Contribution and Initiatives of Digital India for Empowering Rural Women*, organized by the Department of Commerce – Professional Accounting, NGM College, Pollachi.
5. Published a book chapter titled “***The Power of Women in Yogic Evolution***” in the edited volume *Matrashakti in Yoga: The Power of Women in Yogic Evolution* (ISBN: 978-81-985654-5-7), released on 08th March 2025, pp. 21–23, from the one day International Seminar on *Matrashakti in Yoga*, organized by the Manushi Institute of Yoga, Chidambaram.
6. Published a book chapter titled “***Yoga for Stress, Burnout and Cortisol Management***” in the edited volume *Neuro Wellbeing Through Yogic Science* (ISBN: 978-81-988415-3-7), released on 29th June 2025, pp. 145–147, from the One Day International Conference on *Neuro Wellbeing Through Yogic Science*, organized by the Manushi Institute of Yoga, Chidambaram.
7. Published a book chapter titled “***Two Nations: One Spirit – Cultural and Yogic Bonds between India and Malaysia in the 21st Century***” in the edited volume *India–Malaysia Bilateral Relations: Strengthening Economic, Strategic and Cultural Dimensions of World Affairs* (ICWA, New Delhi) (ISBN: 978-93-6162-546-4), released on 20th August 2025, pp. 383–388, from the one day International Conference held at SRM University, organized by the PG & Research Department of International Business, SRM, Coimbatore.

8. Published a book chapter titled “*Artificial Intelligence Meets Ancient Intelligence: A Yogic Pathway to India’s Progress*” in the edited volume *Harnessing Artificial Intelligence, Innovation and Technology: A Pathway to Economic Transformation and Sustainable Development in India* (ISBN: 978-93-94004-50-4), released on 19th September 2025, pp. 389–392, from the one day National Seminar held at NGM College, Pollachi, sponsored by ICSSR – SRC, Hyderabad.
9. Published a book chapter titled “*Bharathiyar Matrum Vethathiri Maharishi Parvaiyil Arive Theivam*” in the edited volume *Bharathiyar Ilakkiya Kazhagam* (ISBN: 978-81-958552-9-1), released on 04th November 2025, pp. 40–49, from the one day International Seminar on *Bharathiyar Sinthanai Mandram*, organized jointly by Bharathiyar Sinthanai Mandram and NGM College, Pollachi.

Book Chapter:

1. Published a book chapter titled “**Financial Empowerment: The Role of Women in Shaping Contemporary Economic Paradigms**” authored by **D. Yashotha**, in the edited volume *Sheconomy & Serenity: How Women’s Wisdom and Yogic Balance Shape Modern Economies*, edited by **Dr. D. Padma and Dr. C. Radhapriya**, published by **Shanlax Publication** (ISBN: 978-93-6163-492-5), during **July 2025**, pp. 29–33.
2. Published a book chapter titled “**Rooted in Heritage: Integrating Education with Indian Knowledge Systems and Community Support**” authored by **D. Yashotha**, in the edited volume *Wisdom Within: Blending Vethirian Yoga and Indigenous Learning for Holistic Education*, edited by **Dr. D. Padma and Dr. S. Kumar Chandar**, published by **Shanlax Publication** (ISBN: 978-93-95659-89-5), during **August 2025**, pp. 43–48.

Workshop – Organized

1. **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.
2. **Two days Workshop** for Soft Skills on Shanathi Initiation for students organized by Department of Human Excellence on 01-08-2024 to 02-08-2024.

3. **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.
4. **Two days Workshop** for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 31-12-2024 to 02-01-2025.
5. **“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
6. **Two days Workshop** for Soft Skills Development on “Aagna Initiation for Students” organized by Department of Human Excellence on 18-07-2025 to 21-07-2025.
7. **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.
8. **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.
9. **Two days Workshop** for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 18-12-2025 to 19-12-2025.

Participated

1. Participated in the **Master Refresher Course** for Temple of Consciousness Arutperum Jothi Nagar, Aliyar, for Three days from 07-06-2024 to 09-06-2024.
2. Participated in the **Master Refresher Course** for Temple of Consciousness Arutperum Jothi Nagar, Aliyar, for Three days from 26-05-2025 to 28-05-2025.
3. Participated in the **Zonal Refresher Course** for Assistant Professor at Coimbatore on 01-01-2026.

Declaration

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