

### **Seminars,Workshop & Guest lecturers:**

1. Participated in the National Workshop on Yoga “Strengthen the Pride” organized by the Department of Yoga in Tamil Nadu Physical Education and Sports University,Chennai from 28<sup>th</sup> to 29<sup>th</sup> October 2015.
2. Participated in One day National Seminar on “Empowering the Youth to Enrich Mankind” organized by the Human Excellence Dept., NGM College at Pollachi on 29<sup>th</sup> January 2016.
3. Acted as a resource person on 16.03.2016 at Five days citizenship camp (14.03.2016 to 16.03.2016) conducted by K.M.G. College of Education, Angalakurichi.
4. Participated and Presented a paper titled ‘Effect of Sky Yoga on selected Psychological variable among stressed College Girls in their Environment’ in one day International Seminar on “The success of Modern Life lies in Harmony with Nature’ organized by Dept. of Human Excellence, NGM College,Pollachi-642001.
5. Participated and presented a paper on “ROLE OF YOGA ON EMPOWERING ENTREPRENEURSHIP AMONG RURAL WOMEN” in the two days National level seminar on ‘Rural, women empowerment through entrepreneurship’, sponsored with Indian Council of Social Science Research (ICSSR), New Delhi. Seminar Organised by the Department of Commerce (E-Commerce), Nallamuthu Gounder Mahalingam College, Pollachi, from 19.01.2023 to 20.01.2023.(Volume no: 1, ISBN: 978-935780-553-7, year: 2023.)
6. Published an article on JAC: A Journal of Composition theory, title on “SKY Yoga is an user friendly to lead a Healthy Life” Volume no: 16 Issue: 3, ISSN (Online): 0731-6755, years : March, 2023.
7. Published an article on International peer reviewed refereed research journal title on “A study on Perception of Yoga Practice among Women” Volume no:9 Issue:1, ISSN (Online): 2455 – 5630 page. No 59 to 64, years : January to June, 2024
8. Participated and presented a paper on “Make in India and Innovation: Building India’s Manufacturing Future by 2047” seminar titled on “Bridging the Digital Divide: Digital Financial Inclusion for Marginalized Communities in the Era of Amrit Kaal”

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seminar organized by the Department of B.com CA