

BIO DATA



Name	:	Dr. P. Veerasithi Vinayagan,
Date of Birth & Age	:	20.06.1981 & 46
Designation	:	Assistant Professor & HoD (i/c)
Official Address	:	Department of Human Excellence Nallamuthu Gounder Mahalingam College, Pollachi – 642002.
Residential Address	:	No-90 Cheran tholizhalar Colony, Aachipatti, Pollachi – 642 002.
Mobile No	:	9488723938
Email Address	:	veerasithivinayagan@ngmc.org

Educational Qualification

Course	Major Subjects	College/University/Institution	Year of Passing
B.A	Economics	Devanga Arts College/ Madurai Kamaraj University	2002
M.A	Yoga for Human Excellence	Bharathiar University, Coimbatore	2010
M.Phil	Yoga for Human Excellence	Bharathiar University, Coimbatore	2014
Ph.D	Yoga for Human Excellence	Bharathiar University, Coimbatore	2023

Residential Course: (D.V.P) Diploma in Vethathiriyan Philosophy - 4 months residential course conducted by Vision for Wisdom at Temple of Consciousness, Aliyar under the direct supervision of his Holiness Sri vedathri Maharishi. (During from August 2004 to December 2004)

Area of specialization: Yoga for Human Excellence.

Paper Publications

S NO	TITLE OF THE PAPER	JOURNAL NAME	ISSN& IMPACT FACTOR	VOLUME, DATE & PAGE No.
1.	The Impact Of Sky Yoga Practices On Enhancing Happiness And Gratitude Among College Students	UGC Care Group I Journal	ISSN 2319-829X	Vol. 13, Issue 2, No.11, July – December: 2024
2	The influence of Sky Yoga practices on enhancing Gratitude among NGM College Students”,	UGC Care Group I Journal	ISSN: 0974-0066	Vol-85 No.05, July – December: 2024 Pages 16 to 22
3.	A Study On The Impact Of Sky Yoga Practices On Enhancing Happiness Among College Students	UGC Care Group I Journal	ISSN: 0974-0066	Vol-85, Year:2024 Pages 16 to 22
4	A Study on the impact of eye exercise (SKY YOGA) and Lamp Gazing Practice on enhancing visual Function and well-being among college students	Madhya Bharti- Humanities and Social Sciences	0974-006	Volume no: 84 Issue-06 Year –July – December, 2023 Pages 126 to 132
5.	The influence of (SKY YOGA) eye exercise and lamp gazing practice on visual functioning among college students	Shodhak A Journal of Historical Research	0302-9832	Volume no: 53 Issue-03 Year –September – December, 2023 Pages 133 to 138
6.	The Impact of SKY Yoga Practices on Psychological wellbeing among Women	Journal of the Asiatic society of Mumbai.,	0972 - 0766	Volume no: 95, Issue no : 5 Year 2022, Pages 66 to 71
7.	A Study on SKY Yoga practice among Women	Juni Khyat (UGC Care Group I Listed Journal)	2278 - 4632	Volume no: 12 Issue – 02 Year - Feb, 2022, Pages 14 to 20
8.	The Impact of SKY Yoga Practices on Resilience among Women	Modern Thamizh Research	2321 – 984X	Volume no: 33 Issue-03 Year -October, 2021 Pages 582 - 589
9.	The impact of SKY Yoga on Quality of life among Women	Manager - The British Journal of Administrative Management	DOI 10.5281 /zenodo.5993967	Volume no: 57, Issue no 145 Year 2021, Pages 275 to281

Refresher Course / Orientation Course attended:

- Attended the Assistant professor refresher course organised by the SMART - WCSC at Aliyar on October 2015.
- Attended the Assistant professor refresher course organised by the SMART - WCSC at Aliyar on March, 2016.
- Attended Refresher course held at Temple of Consciousness, Alier from 13.09.2024 to 15.09.2024.
- Attended Refresher course held at Temple of Consciousness, Alier from 13.09.2024 to 15.09.2024.

Participation in conference

- Participated in National Conference on “**Yoga Research for Holistic Health**,” WCSC - VISION for Wisdom, 2013.
- **National SKY Allopathy Doctors Conference**, 8th SKY DOCON, 2017.
- National Conference on “**Integrated Holistic Approach towards Physical and Mental Health**,” Government Arts College, Paramakudi, 2018.
- UGC Sponsored National Conference on “**Access to Livelihood for Persons with Disabilities**,” Cheshire Homes Coimbatore and Sri GVG Visalakshi College for Women, 2018.
- International Conference on “**Virtues and Spirituality in Tamil Literature**,” NGM College, 2019.
- International Conference on “**Science and Spirituality – 2023 Science of Kayakalpa**,” WCSC, 2023.

Participation in National Seminar

- Participated in the Indian Council or social science research(ICSSR), New Delhi Sponsored One day National Seminar on Vision for vishwa guru India: Initiatives for Global leadership by 2047 organized by the department of Commerce, NGM College, Pollachi on 21 July, 2023.
- Participated in ICSSR Sponsored National Seminar on “Celebrating Millets Legacy and Contribution to Agriculture – CMLCA – 2023 organized by the department of Botany, NGM College, Pollachi on 11th to 13th December, 2023.
- Participated in the Indian Council or social science research(ICSSR), New Delhi Sponsored One day National Seminar on “Unsung Freedom Fighters of Kongu Region organized by the department of History, NGM College, Pollachi on 15 December, 2023

Workshop

- National Seminar on “**The Role of Promoting and Harmony: Contribution of Christianity**,” Christ University, Bengaluru, 2015.
- Participated and presented a paper on “**Effect of SKY Yoga Practices on Vision Impairment**” in the International Seminar on “The Success of Modern Life Lies in Harmony with Nature,” NGM College, 2017.
- Co-coordinator for the **International Day of Yoga**, jointly organized by Nehru Yuva Kendra, Coimbatore, and NGM College, 2018.
- Workshop on “**Atmanirbhar Bharat through Experiential Learning**,” NGM College, 2021.
- Organized - Two days Workshop for Soft Skill Development in the title of Agna Initiation from 24-07-2024 to 25-07-2024.
- Organized - Two days Workshop for Soft Skill Development in the title of Shanthi Initiation from 01.08.2024 to 02.08.2024
- Organized Workshop on "Enhancement of Mental Wellbeing." for Students on 05.08.2024
- Completed One day National Level e-Workshop on "How to Improve Academic Performance Indicator (API) Score" on 10.01.2025 Organized by A.C.T Academy Kerala.

FDP

- FDP Organized and attended Title: The impact of Yoga and Meditation in strengthening Body, Mind and Spiritual Health from 25.05.2020 to 31.05.2020
- Faculty Development Programme on Research Methodology for Beginners” (16.5.2020 to 23.05.2020)
- Faculty Development Programme on the Impact of Yoga and Meditation in strengthening Body, Mind and spiritual health” from (25.05.2020 to 31.05.2020)
- Faculty Development Programme on “Research Methodology and Advanced Pedagogies in Higher Education,” NGM College, 2023.
- Faculty Development Programme on “Quality Education for Nation Building,” SIIMS Pollachi, 2023.
- Faculty Development Programme on “Research Methodology and Advanced Pedagogies in Higher Education,” NGM College, 2023.

- Faculty Development Programme on “Quality Education for Nation Building,” SIIMS Pollachi, 2023.
- 7 Days Faculty Development Programme Organized for Teaching Faculty - Yoga for Emotional Stability from 15.07.2024 To 24.07.2024
- 7 Days Faculty Development Programme Organized for Teaching Faculty – Lifestyle enhancement for Wellness from 25.07.2024 To 02.08.2024
- 7 Days Faculty Development Programme Organized for Teaching Faculty – Enhancement of Mental Wellbeing from 05.08.2024 To 13.08.2024
- 5 Days Faculty Development Programme Organized for Teaching Faculty - Yoga for Physical, Mental & Spiritual Wellbeing from 04.11.2024 To 08.11.2024
- 5 Days Faculty Development Programme Organized for Teaching Faculty - Yoga for Physical, Mental & Spiritual Wellbeing from 11.11.2024 To 15.11.2024
- 7 Days Faculty Development Programme Organized for Teaching Faculty - Yoga for Physical, Mental & Spiritual Wellbeing from 11.11.2024 To 15.11.2024
- Participated in 7 Days National level Faculty Development Programme on Use of ICT in Teaching Learning Process from 21.11.2024 To 27.11.2024
- Participated in 5 Days Faculty Development Programme on Narratives of change: Storytelling for inclusive futures from 03.02.2025 To 07.02.2025
- 6 Days Faculty Development Programme Organized for Teaching Faculty - Yoga for Holistic Wellbeing from 08.08.2025 To 18.08.2025.
- Attended One Week Faculty Development Programme on “Data Analysis using Jamovi” organized by Department of Social Work from 28.07.2025 to 01.08.2025.

International Day of Yoga organized

- 1st International Day of Yoga organized by the department of Human Excellence on 21.06.2015 and more than 350 students from various departments Participated and got benefited.
- 2nd International Day of Yoga organized by the department of Human Excellence on 21.06.2016 and more than 350 students from various departments Participated and got benefited.
- 3rd International Day of Yoga organized by the department of Human Excellence on 21.06.2017 and more than 350 students from various departments Participated and got benefited.

- 4th International Day of Yoga organized by the department of Human Excellence on 21.06.2017 and more than 350 students from various departments Participated and got benefited.
- 5th International Day of Yoga organized by the department of Human Excellence on 21.06.2017 and more than 350 students from various departments Participated and got benefited.
- 6th International Day of Yoga organized by the department of Human Excellence on 21.06.2017 and more than 350 students from various departments Participated and got benefited.
- 7th International Day of Yoga organized by the department of Human Excellence on 21.06.2017 and more than 350 students from various departments Participated and got benefited.
- 8th International Day of Yoga organized by the department of Human Excellence on 21.06.2017 and more than 350 students from various departments Participated and got benefited.
- 9th International Day of Yoga organized by the department of Human Excellence on 21.06.2017 and more than 350 students from various departments Participated and got benefited.
- 10th International Day of Yoga organized by the department of Human Excellence, NCC, MCET, NPT, Pollachi college of Arts and Science, Poosaripatti on 21.06.2017 and more than 350 students from various departments Participated and got benefited.
- 11th International Day of Yoga organized by the department of Human Excellence on 21.06.2017 and more than 350 students from various departments Participated and got benefited.
- Demonstrated and trained the students on various yoga practices of SIIMS on the occasion of 10th International Day of Yoga organized SIIMS Business School, Pollachi on 21.06.2024.

Invited talks

- Delivered a speech on “Bio-Magnetism-Evaluation of Living Being on 06.06.2022 at WCSC – Vision for Wisdom, Aliyar.
- Delivered a speech on Science behind the benefits of SKY Yoga Practices on 18.09.2024 at SIIMS Business School, Pollachi.
- Delivered a speech on Yoga for Physical, Mental and spiritual wellbeing among teachers at Bharath Vidya Niketan Matriculation School, Pollachi on 28.12.2024.
- Delivered a speech and performed mass demonstration on simplified Physical Exercise and mental wellbeing among college students on 16.09.2025 at Rathinam Arts and science college, Coimbatore.

- Delivered a speech on Shanthi Meditation and Theetchi and demonstrated simplified Physical Exercise on 27.10.2024 at Pollachi Manavalakalai trust, Pollachi.
- Delivered a speech on Introspection course for physical and mental wellbeing on 15.03.2025 at Kinathukkadavu Manavalakalai trust, Coimbatore.
- Delivered a speech on Shanthi Meditation and Theetchi and demonstrated simplified Physical Exercise on 02.11.2025 at Pollachi Manavalakalai trust, Pollachi.
- Delivered a speech on the importance of Physical exercise and Asanas and demonstrated Yoga practices among Panchayat Union School, Kodangipatti, Pollachi on 07.11.2025 at School management committee, Kodangipatti, Pollachi Pollachi.
- Delivered a speech on Introspection course for physical and mental wellbeing on 06.07.2025 at Kinathukkadavu Manavalakalai trust, Coimbatore.

Awards and Recognition (Seed-Money)

- **Seed Money Project:** “A Study on the Effect of (SKY Yoga) Eye Exercise and Lamp Gazing Practice on Visual Functioning among College Students,” funded by Nallamuthu Gounder Mahalingam College, March - September 2023.
- **Seed Money Project:** “Mindful illuminations: The Impact of SKY Yoga practices on enhancing Emotional Maturity, Gratitude and Happiness among NGM College Students” funded by Nallamuthu Gounder Mahalingam College, March - September 2024.
- Received the best “Yoga Teacher Award” from Tamilnadu Sports Yogasana Association, Chennai on 22.06.2025.

Conference and Seminar

- Book published on the National Seminar on *Empowering the Youth to Enrich Mankind*, held on 29th January 2016, Published by the Department of Human Excellence.
- Book published on the International Seminar on *The Success of Modern Life Lies in Harmony with Nature*. Year of publication: August 2017. Publisher: Prdag Print, Coimbatore. ISBN: 978-81-933882-9-7.
- Book published in ICSSR sponsored National Seminar on Yoga and Gratitude: Transforming Conflict into Compassion. Year of Publication: July, 2024. ISBN: 978-93-340-9642-2/ vol.III

Mooc course:

1. NPTEL - Title of the course: Effective writing Length: 4Week course,– Year of Completion Jan-Feb 2020.
2. Udemy - Title of the course: ***Complete Eye Yoga Course – Improve Your Eye Sight – Face Yoga*** Length: 34 total minutes Year of Completion: October, 2022
3. Udemy - Title of the course: AI Generative for Research and Development, Length: One Hour, Year of Completion : Jan, 19, 2025.