

Curriculum -Vitae

Name : Dr.S.SHANMUGAVADIVU
Date of Birth & Age : 08.10.1982 & 43 Years
Designation : Assistant Professor
Official Address : Department of Human Excellence
Nallamuthu Gounder Mahalingam College
Pollachi – 642001
Email – ID : svadivu0810@gmail.com
: shanmughavadivu@ngmc.org



Educational Qualification: M.A (Eco)., M.A(YHE)., DYHE., Ph.D

Course	Major Subjects	College/University/Institution	Year of Passing
B.A	Economics	NGM College	2003
DYHE	Yoga for Human Excellence	Avinashilingam University	2007
M.A	Economics	Annamalai University	2011
M.A	Yoga for Human Excellence	Bharathiar University	2013
Ph.D	Yoga for Human Excellence	Bharathiar University	2024

Area of Specialization : Yoga & Health related training.

Teaching Experience : 13 Years

Short Term Course :

1. NPTEL Online Certification Course on the topic “**Effective Writing**” (**Score-65% Elite**) for four weeks has been completed during Jan-Feb 2020.
2. Attended in 10 days National Level Virtual Sort Term Training Programs (STTP) on “**Research Methodology & Yoga Therapy**” organized by Faculty of Yoga Science and Therapy, Meenakshi Academy of Higher Education and Research, Chennai from 25.03.2022 to 03.04.2022.
3. **NEP 2020 Orientation & Sensitization Programme** under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organized by UGC-Malaviya Mission Teacher Training Centre (UGC-MMTTC), Bharathidasan University, Tiruchirappalli, Tamil Nadu from 02.09.2024 to 12.09.2024 and obtained the Grade ‘A’.

Journal Publications:

1. Published an article in the Journal named **REVIEW OF RESEARCH** International Recognition Multidisciplinary Research Journal Associated & Indexed by EBSCO, USA. (ISSN : 2249-894X) Impact Factor: 5.7631(UIF) Volume-8, Issue-1, in the month of October 2018. (Page No:15-18)
Topic - ‘Physical Exercise and Physical Health’.
2. Published an article in the Journal of **Classical Thamizh** an UGC Approved International Thamizh Journal, ISSN: 2321-0737. Special Issue Volume – 2, On 18.07.2019. (Page No:394-399)
Topic: Siddhar Ilakkiyangalil Manitha Neyam.
3. Published an article in the Journal of **Modern Thamizh Research** an UGC Care Listed (Group – 1) Journal, ISSN: 2321-984X, Special Issue Volume – 2, on 04.03.2021. (Page No:255-260)
Topic: Thirukkuralil Thanimanitha Alumai Membadu.

4. Published an article in the **Journal of the Asiatic Society of Mumbai** UGC Care Listed (Group – 1) Journal, ISSN: 0972-0766, Vol.: XCVI, No: 24, 2023. (Page No: 190-194)

Topic: Impact of Simplified Kundalini Yoga on Sinus Problem Among College Women Students.

5. Published an article in the Journal of **South India Journal of Social Science** UGC Care Listed (Group – 1) Journal, ISSN: 0972-8945, Vol.: XXI, No:16, 2023. (Page No: 47-51)

Topic: Influence of Traditional Yoga on Sinus Problem Among College Women Students.

6. Published an article in the Journal of **History Research Journal** UGC Care Listed (Group – 1) Journal, ISSN: 0976-5425 (P) with IF=7.86, Vol.: 31, Issue; 04, No. 02, July – August: 2024 (Page No: 139-142)

Topic: Harmonizing Ancient Traditions with Contemporary Science: Exploring the Scientific Basis of Yoga

Peer Reviewed Journal:

7. Published an article in the Journal of **Aathiyoga Indian Journal of Ancient Medicine and Yoga (IJAMAY)** Online Peer Reviewed Journal, ISSN: 3048-9822 Vol. 1, No. 04, December - 2024.

Topic: Heart Rate Variability Changes During and after the Practice of Bhramari Pranayama

8. Published an article in the Journal of **Aathiyoga Indian Journal of Ancient Medicine and Yoga (IJAMAY)** Online Peer Reviewed Journal, ISSN: 3048-9822, Vol. 2, No. 02, March - 2025.

Topic: Meditation as a Tool for Emotional Balance and Stability

Refresher Course/Orientation Course/PDC/FDP Organized:

1. Co-ordinator for **Personality Development Programme** organized by the Department of Human Excellence, NGM College, Pollachi from 03-06-2013 to 05-06-2013.
2. Co-ordinator for **Personality Development Course** organized by the Dept. of Human Excellence, NGM College, Pollachi. Course days from 09-08-2016 to 26-08-2016.
3. 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 days from 01-09-2016 to 03-09-2016.
4. 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 24-08-2018.
5. **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.
6. **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.
7. **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.
8. **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.

9. **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.
10. **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.
11. **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.
12. **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.
13. **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.

FDP – Attended:

1. Participated in Faculty Development Programme on “**Man Making Education**” organized by Swami Vivekananda Study Circle, Kongunadu Arts and Science College, Coimbatore on 04.07.2015.
2. Participated in Faculty Development Programme on “**Recent Trends in Higher Education in Science and Humanities to Rural Students**” from 12.06.2019 to 14.06.2019.
3. Participated in One Week Faculty Development Programme on “**Research Methodology and Advanced Pedagogies in Higher Education**” organized by the Department of Social Work, Nallamuthu Gounder Mahalingam College , Pollachi, from 24.04.2023 to 28.04.2023.
4. Participated in the National Level One Week Online Faculty Development Programme on “**Emerging Trends in Pedagogy for Quality Excellence in Higher Education**” jointly organized by the Internal Quality Assurance Cell of V.V. Vanniaperumal College for Women, Virudhunagar and Jamal Mohamed College, Tiruchirappalli from 18.11.2024 to 24.11.2024.
5. Participated in Five-Day National Level Online Faculty Development Programme (FDP) on “**Outcome - Based Learning in HEI's for Quality Education**” Jointly organized by Internal Quality Assurance Cell (IQAC) & Department of Science and Humanities, Dhaanish Ahmed Institute of Technology, Coimbatore, from 18.07.2025 to 22.07.2025.
6. Participated in One Week Faculty Development Programme (FDP) on “**Data Analysis Using JAMOVI**” organized by Department of Social Work from 28.07.2025 to 01.08.2025.
7. Participated in Five-Day International Online Faculty Development Programme

(FDP) on “**VIKSIT BHARAT @ 2047: An Outlook on Realising the vision**” organized by the PG & Research Department of Economics, V.O. Chidambaram College, Thoothukudi from 22.09.2025 to 26.09.2025.

Orientation Course – Attended:

1. Participated in the **Orientation Course** for Research, Temple of Consciousness, Arutperum Jothi Nagar, Aliyar from 14-03-2016 to 17-03-2016.
2. Participated in the **Orientation Course** for Research, Temple of Consciousness, Arutperum Jothi Nagar, Aliyar for Five days from 12-10-2016 to 16-10-2016.
3. Participated in the **Orientation Course** for Research, Temple of Consciousness, Arutperum Jothi Nagar, Aliyar from 12-06-2017 to 15-06-2017.
4. Participated in the **Orientation Course** for Research, Temple of Consciousness, Arutperum Jothi Nagar, Aliyar from 04-06-2018 to 07-06-2018.
5. Participated in the **Orientation Course** for Research, Temple of Consciousness, Arutperum Jothi Nagar, Aliyar for Five days from 05-12-2018 to 09-12-2018.
6. Participated in the **Orientation Course** for Research, Temple of Consciousness, Arutperum Jothi Nagar, Aliyar for Five days from 24-05-2019 to 28-05-2019.
7. Participated in the **Orientation Course** for Research, Temple of Consciousness, Arutperum Jothi Nagar, Aliyar for Five days from 01-11-2019 to 05-11-2019.
8. Participated in the **Master Refresher Course** at Temple of Consciousness, Arutperum Jothi Nagar, Aliyar, from 09-09-2022 to 11-09-2022.

Seminars, Conference Participated:

1. Participated in Two days National Seminar on “**Kongu Natuppura Daiva Vazhipattu Marabugal**” Organized by the Department of Tamil Literature, Bharathiar University, Coimbatore, on 18.12.2015 & 19.12.2015.

2. 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.
3. Participated in One day International SKY Doctor Conference on the topic of “**Meditation the Super Medication**” Organized by the Temple of Consciousness at Aliyar, from 01.11.2019 to 03-11-2019.
4. Participated in One day International Conference on “**Emerging Trends in Science and Technology (ETIST – 2021)**” Jointly Organized by Department of Biological Science, Physical Science and Computational Science on 27.10.2021.
5. Participated in Two Days National Seminar on “**Impact of Digital Learning in Education Sector – A Pandemic Perspective**” organized by the Department of Commerce, Nallamuthu Gounder Mahalingam College, Pollachi on 08.02.2023 & 09.02.2023.
6. Participated in One day National Seminar on “**Women’s Employment, Entrepreneurship and Empowerment**” organized by the Department of Commerce (E-Commerce), Nallamuthu Gounder Mahalingam College, Pollachi on 15.03.2023.
7. Participated in Two day National Seminar on “**National Education Policy: 2020 – Challenges nad Opportunities for Higher Educational Institution**” organized by the Department of Commerce, Nallamuthu Gounder Mahalingam College, Pollachi on 16.03.2023 & 17.03.2023.
8. Participated in One day National Seminar on “**Vision for Vishwa Guru India: Initiatives for Global Leadership by 2047**” Organized by the Department of Commerce, Nallamuthu Gounder Mahalingam College, Pollachi on 21.07.2023.

9. Participated in One day International Conference on Science & Spirituality on the topic of “**Science of Kayakalpa**” Organized by the Temple of Consciousness at Aliyar, from 02.10.2023 to 03-10-2023.
10. Participated in One day National Seminar on “**Sustainable Developments Through MSME’S: A Pathway to Self – Reliant India**” Organized by the Department of Commerce, Nallamuthu Gounder Mahalingam College, Pollachi on 06.10.2023.

Paper Presented:

1. Participated & Presented a research paper on “**Physical Exercise and Physical Health**” in the National Conference Cum Workshop on Integrated Holistic Approach Towards Physical and Mental Health & Integrated Exercise Practices for Reducing High Blood Pressure ,Organized by Department of Physical Education, Government Arts College, Paramakkudi, on 27th July 2018. **ISBN: 978-81-931036-8-5.**
2. Participated & presented a paper on “**Yoga for Rural Women Entrepreneurs**” in Two Days National Seminar on Rural Women Empowerment through Entrepreneurship, organized by the Department of Commerce (E-Commerce), Nallamuthu Gounder Mahalingam College, Pollachi on 19.01.2023 & 20.01.2023. **ISBN: 978-93-5780-553-7-2023.**
3. Participated & Presented a paper in Two Days National Conference on Yoga and Traditional Medicines for Holistic Living on the topic of “**Vegan Diet and**

Tridoshas” held at Karl Kubel Institute, Anaikatti Road, Mankarai, Coimbatore from 05.08.2023 & 06.08.2023. ISBN: 978-81-927985-0-7

4. Participated & Presented a paper One Day National Seminar on Empowering India Through Digital Transformation: A Sustainable Approach on the topic of **“Role of Yoga for the Digital World: Disconnect to Reconnect”** Organized by the Department of Commerce (E-Commerce), Nallamuthu Gounder Mahalingam College, Pollachi on 19.07.2024. **ISBN: 978-93-340-9642-2**
5. Participated & Presented a paper One Day National Seminar on vision viksit bharat 2047: contribution and initiatives of digital India for empowering rural women on the topic of **“The Role of Yoga in Enhancing the Well-Being and Empowerment of Rural Women”** Organized by the Department of Commerce - Professional Accounting, Nallamuthu Gounder Mahalingam College, Pollachi on 31.01.2025. **ISBN: 978-93-94004-84-1**
6. Participated & Presented a paper One Day National Seminar on Harnessing Artificial Intelligence, Innovation and Technology: A Pathway to Economic Transformation and Sustainable Development in India on the topic of **“Artificial Intelligence and Yoga: Transforming Preventive Healthcare in Rural Areas”** Organized by the Department of Commerce – IB, Nallamuthu Gounder Mahalingam College, Pollachi on 19.09.2025. **ISBN: 978-93-94004-50-4**
7. Participated & Presented a paper One Day International conference on Bharathiar Sinthanaigal on the topic of **“Bharathiarin Kalvi Sinthanaigal: Puthiya Kalvikkolgaiyudan Oppittu Aivu”** Jointly Organized by Bharathiar Ilakkiya Kazhagam, Nallamuthu Gounder Mahalingam College and Pollachi Bharathiar sinthanai Mandram on 04.11.2025. **ISBN: 978-81-968552-9-1**

Book Chapter:

1. Published a chapter on “**Evaluating the Efficacy of Acupuncture in Enhancing Physiological and Psychological Health: A Comparative and Integrative Perspective with the Indian Knowledge System**” in the Rooted in Heritage: Integrating Education with Indian Knowledge Systems and Community Support. Beyondline Publisher, ISBN: 978-93-95659-89-5 on August 2025, Pages 38-42.

Workshop – Organized:

1. Participated in 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.
2. 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.
3. Two days **Workshop** for Soft skill on “Shanthi Meditation (Initiation) for Students” Organized by Department of Human Excellence, Nallamuthu Gounder Mahalingam College, Pollachi, on 02-09-2022 to 05.09.2022.
4. 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.
5. **Two days Workshop** for Soft Skills on Agna Initiation for students organized by Department of Human Excellence on 31.07.2023 to 01.08.2023.
6. **Two days Workshop** for Soft Skills on Shanthi Initiation for students organized by Department of Human Excellence on 08.09.2023 to 09.09.2023.
7. **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.
8. **Two days Workshop** for Soft Skills on Shanthi Initiation for students organized by Department of Human Excellence on 01-08-2024 to 02-08-2024.

9. **Workshop** with the theme “Enhancement of Mental Wellbeing” for Students presented M.S. Arulselvi., SKY Professor and Director Admin, Vision for Wisdom organized by Department of Human Excellence on 05-08-2024.
10. **Two days Workshop** for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 31-12-2024 to 02-01-2025.
11. “**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
12. **Two days Workshop** for Soft Skills Development on “Agna Initiation for Students” organized by Department of Human Excellence on 18-07-2025 to 21-07-2025.
13. **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.
14. **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.
15. **Two days Workshop** for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 18-12-2025 to 19-12-2025.

Workshop – Attended:

1. Participated in one day workshop on “**E-Content Development**” at NGM College, Pollachi on 11th April 2018.
2. Attended a National Workshop on “**Atmanirbhar Bharat through Experiential Learning, Internship, Apprenticeship and Entrepreneurship**” Organized by Mahatma Gandhi National Council of Rural Education Hyderabad, Government

of India collaboration with Nallamuthu Gounder Mahalingam College, Pollachi, Tamil Nadu, on 19-03-2021.

3. Participated in Two Days National Level Workshop on “**Implementation of Outcome Based Education: Opportunities and Challenges – Learning Outcome Based Curriculum Framework**” organized by the Internal Quality Assurance Cell, Nallamuthu Gounder Mahalingam College, pollachi on 20.03.2023 & 21.03.2023.
4. Participated in One Day Online National Level Workshop on “**Research Methodology in Social Science (Social Research Methods, Sampling Methods, Data Collection & Analtsis, Report WRiting Skills)**” Organized by IQAC & Department of Sociology, Shri Muktanand College Gangapur, Chhatrapati Sambhajinagar, on 01.03.2025.

Resource Person:

1. Acted as a Resource person on the topic of “**Practice of Kayakalpa**” organized by Sakthi Institute of Information and Management Studies on 25.11.2021.
2. Acted as a Resource person for the workshop on “**Yoga for Holistic Life**” organized by Department of Economics, Nirmala College for Women, Coimbatore on 14.12.2021.
3. Acted as a Resource person on the topic of “**Boundaries of Ego**” organized by Sakthi Institute of Information and Management Studies on 28.09.2022.
4. Acted as a Resource person for “**Agathaivu Couse – II**” organized by Kinathukadavu Manavalakkalai Mamdram on 02.10.2022.

5. Acted as a Resource person on the topic of "**Value and Purpose of Life**" organized by Sakthi Institute of Information and Management Studies on 28.09.2022.
6. Acted as a Resource person in **Capacity Building Programme** on the topic of "Mend your Mental Health through Yoga" Life Skills through SKY Yoga for Students organized by PG Department of Chemistry & Department of Human Excellence, Nallamuthu Gounder Mahalingam College, from 14.11.2022 to 18.11.2022.
7. Acted as a Resource person for Skill development programme for foundation course students on the topic of "**Stress Management**" organized by Kinathukadavu Manavalakkalai Mamdram on 15.11.2022.
8. Acted as a Resource person on the topic of "**Art of Self Management**" organized by Sakthi Institute of Information and Management Studies on 04.12.2023.
9. Acted as a Resource person for "**Introspection-I**" organized by Kinathukadavu Manavalakkalai Mamdram on 15.06.2024.
10. Acted as a Resource Person for general public on the topic "**Introspection – III**", at Kinathukkadavu Manavalakkalai Mandram Trust, on 06.10.2024.
11. Acted as a Resource person on the topic of "**Importance of Physical and Mental Health**" organized by Sakthi Institute of Information and Management Studies on 13.08.2025.
12. Acted as a Resource person for Life Skill Program on "**Basic Yoga Programme for Rural Women**" for Rural village women organized by Nachimuthu Gounder Municipal Maternity Home, Coimbatore on 11.09.2025.
13. Acted as a Resource person for one day Foundation Course program on the topic of "**Agna- Explanation & Theetcai and Simplified Physical Exercise**" at Pollachi Manavalakkalai Mandram Trust, organized by Temple of Consciousness, Pollachi on 26.10.2025.

14. Acted as a Resource person on the topic of “**Meditative Techniques for Holistic Wellbeing**” organized by Sakthi Institute of Information and Management Studies on 06.11.2025.

Others:

1. Participated as a Co-ordinator in 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.
2. Participated as a Co-ordinator in the International Women’s Day **Skill development programme** for Students on “Impact of yoga on PCOs and Health among Female Students” organized by Department of Human Excellence Nallamuthu Gounder Mahalingam College, Pollachi, on 14.03.2023.
3. Participated as a Co-ordinator in the 9th 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.
4. participated in the National Webinar on “**Yoga for Lifestyle Diseases of Women**”, conducted in alignment with AYUSH Ministry’s Signature Events of IDY-2025: SE 4 – Yoga Samavesh (Women) and SE 10 – SAMYOGA (Webinar), conducted by ASYSAETR Foundation, Paramakudi and 5 AM CLUB HAPPY & DIVINE YOGA, Madurai, in association with Indian Yoga Association, New Delhi & Tamilnadu State Chapter Committee on the eve of the **11th International Day of Yoga** (21st June 2025), under the theme ‘**Yoga for One Earth, One Health’.**

Declaration

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

Yours Faithfully



[Dr.S.SHANMUGAVADIVU]