

BIO-DATA

NAME : V.Settu

Date of Birth & Age : 02.05.1972 & 52 Years

Designation : Assistant Professor

Official Address : Department of Human Excellence,
N G M College,
Pollachi, 642 001.

Residential Address : 616, Mariamman kovil street,
Thiruvalluvar nagar, Thukka pettai Post, Chengam
TK, Thiruvannamalai Dist, Pin 606709.

Mobile Number : 9486466609

Email Address : settu.supersky@gmail.com

Area of Specialization : Yoga for Human Excellence

Educational Qualification :



Course	Major Subject	College/University/Institution	Year of Passing
B.A.,	Yoga for Human Excellence	Bharathiar University Coimbatore	May - 2011
M.Sc.,	Yoga for Human Excellence	Bharathidasan University Trichy	April - 2013

Residential Course : (D.V.P.) Diploma in Vethathirian Philosophy – Four months residential course conducted by Vision for Wisdom at Aliyar under the direct supervision of His holiness Sri Vethathiri Maharishi. (Duration: From September 2005 to January 2006.)

Teaching Experience : 13 Years in Yoga for Human Excellence Refresher course /Orientation course attende

1. Participated the refresher course organized by the Directorate of SMART – WCSC at Aliyar from 21.06.2013 to 23.06.2013.
2. Participated the refresher course organized by the Directorate of SMART – WCSC at Aliyar from 15.06.2018 to 17.06.2018.
3. Attended 7 days the District Judges Training Program in the discipline of Yogasana Sports from 11-11-2022 to 17-11-2022 at virtual mode and qualified as District Judge Level -2 with A grade.
4. Participated the refresher course organized by the Directorate of SMART – WCSC Aliyar from 08.08.2025 to 10.08.2025.
5. Participated the Zonal refresher course organized by the Directorate of SMART –WCSC at Coimbatore from 04.01.2026.

Seminar / Workshop / Conference attended /Fdp:

1. Organized workshop for 1th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2015.
2. Participated and coordinated in National level Seminar on “Empowering the Youth to Enrich the Mankind” at NGM College, Pollachi on 29th January 2016.
3. Organized workshop for 2th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2016.
4. Participated in NGM Mini Marathon (Inter- College Event) in 3 kms at NGM College, Pollachi on 11th August 2016.
5. Organized workshop for 3th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2017.
6. Participated in the International level Seminar on “The Success of modern Life Lies in Harmony with Nature” at NGM College, Pollachi on 21st September 2017.
7. Organized workshop for 4th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2018.
8. 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.
9. Organized workshop for 5th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2019.
10. Organized workshop for 6th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2020.
11. Organized workshop for 7th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2021.

12. Online Workshop on behalf of World Heart Day (Sep29) on the Topic ‘Yoga for Heart Care’ organized by Dr. S. Jagadambal, Prof. D. Gnanasoundari, Prof. S. Maheswari & Prof. V. Settu, Department of Human Excellence, Nallamuthu Gounder Mahalingam College, from 29.09.2021 to 01.10.2021.
13. One day Workshop on Science of Physical Exercise organized by Department of Human Excellence on 29.03.2022.
14. Organized workshop for 8th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2022.
15. Two days Workshop for Softskill on “Agni Meditation (Initiation) for Students” Organized by Department of Human Excellence, Nallamuthu Gounder Mahalingam College, Pollachi, on 24-08-2022 to 25.08.2022.
16. Two days Workshop for Softskill 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.
17. 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.
18. Ten days Workshop for public on the Occasion of International Year of Millet 2023 celebration on the topic of “Rich in Heritage full of Potential” organized by D. Gnanasoundari and S. Maheswari Assistant Professors, Department of Human Excellence Nallamuthu Gounder Mahalingam College, from 01.04.2023 to 10.04.2023.
19. Organized workshop for 9th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2023.
20. Two days Workshop for Soft Skills on Agni Initiation for students organized by Department of Human Excellence on 31.07.2023 to 01.08.2023.
21. 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.
22. Organized workshop for 10th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2024.
23. Two days Workshop for Soft skills on Agni Initiation for students organized by Department of Human Excellence on 24-07-2024 to 25-07-2024.
24. 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.
25. 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.

26. Two days Workshop for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 31-12-2024 to 02-01-2025.
27. “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.
28. Organized workshop for 11th International yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2025.
29. Two days Workshop for Soft Skills Development on “Agni Initiation for Students” organized by Department of Human Excellence on 18-07-2025 to 21-07-2025.
30. 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.
31. 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.
32. Two days Workshop for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 18-12-2025 to 19-12-2025.
33. Organized workshop for 10th yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2024.
34. Organized workshop for 11th yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2025.
35. Organized workshop for 6th yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2020.

Guest Lecture:

1. Acted as Resource Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS), Pollachi. on the topic of “Awareness of Meditation” on 6.10.2021.
2. Acted as Resource Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS), Pollachi. on the topic of “Practice of Kayakalpa” on 25.11.2021.
3. Acted as Resource Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS), Pollachi. on the topic of “Need for Human Excellence” on 11.11.2021.
4. Acted as Resource Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS), Pollachi. on the topic of “Explanation and Practice of Agni Meditation” on 2.12.2021.
5. Acted as Resource Person for Conducted by Nehru Arts and Science College, Coimbatore. on the topic of “Sky Yoga Healthy Life” on 07.12.2021.
6. Acted as Resource Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS), Pollachi. on the topic of “Explanation and Practice of Shanthi Meditation” on 09.12.2021.
7. Acted as Resource Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS), Pollachi. on the topic of “The Hidden Potential of Mind” on 30.12.2021.
8. Acted as Resource Person for Art of Self Management Course Conducted by Sakthi Institute

Information and Management Studies (SIIMS) , Pollchi. on the topic of “Explanation and Practice of Shanthi Meditation” on 09.12.2021.

9. Acted as Resoure Person for SKY TRUST Conducted by Kinathukatavu MVKM Turst, Coimbatore. on the topic of “Explanation and Practice of Agna Meditation” on 13.07.2022.
10. Acted as Resoure Person for SKY TRUST Conducted by Kinathukatavu MVKM Turst, Coimbatore. on the topic of “Explanation and Practice of Agna Meditation” on 10.08.2022.
11. Acted as Resoure Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS) , Pollchi. on the topic of “Time Management” on 07.09.2022.
12. Acted as Resoure Person for SKY TRUST Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “MOUNAM” on 10.09.2022.
13. Acted as Resoure Person for SKY TRUST Conducted by Kinathukatavu MVKM Turst, Coimbatore. on the topic of “Explanation Kayakalpam and Practice ” on 11.09.2022.
14. Acted as Resoure Person for SKY TRUST Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “DEFINAIATTION AND MEDITATION ” on 11.09.2022.
15. Acted as Resoure Person for SKY TRUST Conducted by Kinathukatavu MVKM Turst, Coimbatore. on the topic of “ Introspection Stage first ” on 18.09.2022.
16. Acted as Resoure Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS) , Pollchi. on the topic of “Introduction of Yoga” on 06.10.2022.
17. Acted as Resoure Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS) , Pollchi. on the topic of “ Meditation Techniques ” on 09.11.2022.
18. Acted as Resoure Person for Temple of Consciousness Conducted by Kinathukatavu MVKM Turst,Coimbatore. on the topic of “ Benefit of Introspection” on 19.11.2022.
19. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ World Without War ” on 04.12.2022.
20. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ VETHATHIRIYAM ” on 25.12.2022.
21. Acted as Resoure Person for Temple of Consciousness Conducted by Kinathukatavu MVKM Turst, Coimbatore. on the topic of “Explanation of Agna Meditation ” on 19.01.2023.
22. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ Foundation Course Progamme ” on 21.01.2023.
23. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ Yoga in Physical , Mental and Introspection ” on 24.02.2023.
24. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ Introspection II Progamme ” on 08.03.2023.
25. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ World Without War ” on 12.03.2023.
26. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst At Somandurai Chittur and Kottur Thavamayam, Pollachi. on the topic of “ Thavam and Excercise ” on 14.03.2023.
27. Acted as Resoure Person for Temple of Consciousness Conducted by Kinathukatavu MVKM Turst, Coimbatore. on the topic of “Explanation of Shanthi Meditation ” on 24.03.2023.
28. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation of Shanthi Meditation and Excercise ” on 22.03.2023.

29. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation of Agna Meditation and Excercise” on 22.03.2023.
30. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Trust at N.G.Pudur Thavamayam, Pollachi. on the topic of “Explanation of Agna Meditation” on 24.04.2023.
31. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation of Thuriya Meditation and Theetch” on 29.07.2023.
32. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation of Pancha booth Navagraha Meditation” on 10.08.2023.
33. Acted as Resoure Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS) , Pollchi. on the topic of “ Value and Purpos of life ” on 24.08.2023.
34. Acted as Resoure Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS) , Pollchi. on the topic of “ Meditation Techniques ” on 07.09.2023.
35. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation Kayakalpa and Practice” on 20.09.2023.
36. Acted as Resoure Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS) , Pollchi. on the topic of “ Department of Stress,Anxiety,depression,ect... ” on 05.10.2023.
37. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation Shanthi and Simplified Exercise Part-I” on 02.11.2023.
38. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “NIthyaandha Thavam and Simplified Exercise” on 08.11.2023.
39. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation Agna and Nadisuthi Pranayama” on 08.12.2023.
40. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst at Saraswathi Thiagaraja College Pollachi. on the topic of “Explanation Thuriya Meditation & Moral Ethics” on 15.12.2023.
41. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ Simplified Physical Exercise and Eradication of Worries” on 24.12.2023.
42. Acted as Resoure Person for Temple of Consciousness Conducted by Kinathukatavu MVKM Turst, Coimbatore. on the topic of “Explanation of Shanthi Meditation and Theetch ” on 25.12.2023.
43. Acted as Resoure Person for Temple of Consciousness Conducted by Madurai Nagar MVKM Turst, Madurai. on the topic of “ Who am i” on 31.12.2023.
44. Acted as Resoure Person for Temple of Consciousness Conducted by Madurai , Villapuram Vethathiri Mahagarishi Thavamayam and Madurai Nagar MVKM Turst on the topic of “ Ulaga Nala Velvi day Function” on 01.01.2024.
45. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ Greatness of Guru and Simplified Physical Exercise” on 10.01.2024.
46. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation Thuriya Meditation & Moral Ethics” on 09.02.2024.
47. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ Greatness of Guru and Simplified Exercise Suryanamashkar ” on 10.03.2024.

48. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ Greatness of Guru and Simplified Exercise Suryanamashkar ” on 04.04.2024.
49. Acted as Resoure Person for SKY TRUST Conducted by Kinathukatavu MVKM Turst, Coimbatore. on the topic of “Foundation course for Students” on 22.06.2024.
50. Acted as Resoure Person for Temple of Consciousness Conducted by Madhurai , Villapuram Vethathiri Mahagarishi Thavamayam and Madurai Nagar MVKM Turst on the topic of “ Special Introspection and Meditation ” on 14.07.2024.
51. Acted as Resoure Person for SKY TRUST Conducted by Kinathukatavu MVKM Turst, Coimbatore. on the topic of “Foundation Proqramme” on 18.07.2024.
52. Acted as Resoure Person for Temple of Consciousness Conducted by Madurai Nagar MVKM Turst, Madurai. on the topic of “ Purity of the soul” on 21.07.2024.
53. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation Agna Meditation , Practice Simplified Physical Exercise I” on 07.08.2024.
54. Acted as Resoure Person for Art of Self Management Course Conducted by Sakthi Institute Information and Management Studies (SIIMS) , Pollchi. on the topic of “ The rarity of Human birth ” on 26.09.2024.
55. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “ Greatness of Guru and Simplified Physical Exercise ” on 13.11.2024.
56. Acted as Resoure Person for Temple of Consciousness Conducted by Madhurai , Villapuram Vethathiri Mahagarishi Thavamayam and Madurai Nagar MVKM Turst on the topic of “ Special Mounam” on 14.07.2024.
57. Acted as Resoure Person for Temple of Consciousness Conducted by Pollachi MVKM Turst, Pollachi. on the topic of “Explanation Nine Center Meditation and Physical Exercise I” on 05.01.2025.
58. Acted as Resoure Person for Temple of Consciousness Conducted by Madhurai , Villapuram Vethathiri Mahagarishi Thavamayam and Madurai Nagar MVKM Turst on the topic of “ Thonteen Menmai” on 24.04.2025.
59. Acted as Resoure Person for Temple of Consciousness Conducted by Madurai Nagar MVKM Turst, Madurai. on the topic of “ Inba Utrai Niranth Iraiva” on 20.7.2025.
60. Acted as Resoure Person for Temple of Consciousness Conducted by Madhurai , Villapuram Vethathiri Mahagarishi Thavamayam and Madurai Nagar MVKM Turst on the topic of “ Nermaiya Neethimurai” on 03.08.2025.
61. Acted as Resoure Person for Temple of Consciousness Conducted by Madhurai , Villapuram Vethathiri Mahagarishi Thavamayam and Madurai Nagar MVKM Turst on the topic of “ Manaiyal Mahathuvam” on 07.09.2025.
62. Acted as Resoure Person for SKY TRUST Conducted by Kinathukatavu MVKM Turst, At Rathinam Arts College Coimbatore. on the topic of “YYE Programme SKY Yoga” on 22.09.2025.
63. Acted as Resoure Person for Temple of Consciousness Conducted by Madhurai , Villapuram Vethathiri Mahagarishi Thavamayam and Madurai Nagar MVKM Turst on the topic of “ World Meditation day” on 21.12.2025.
64. Acted as Resoure Person for Temple of Consciousness Conducted by MVKM Turst Thiruppathur , Eggur Thavamayam on the topic of “ One day of Natural Proqramme” on 25.12.2025.

AWARDED:

1. Awarded with “**Seermiku Yoga Semmal** ” for the occasion Kallai Kalaikuoodam Sports Development Turst Kudam, Samgarapuram, Kallaikurichi. of 05.03.2023.
2. Awarded with “**Yoga Kalai Venthar**” for the occasion Kallai Kallai Kalaikuoodam Sports Development Turst, Samgarapuram, Kallaikurichi. of 13.08.2023.
3. “**Oscar World Records** ” for the Chief Technical Director, Kallai Kallai Kalaikuoodam Sports Development Turst, Tirukkollur Arts and Science College. of 03.12.2023
4. Awarded with “**Beeshmar** ” for the occasion Kallai Kallai Kalaikuoodam Sports Development Turst, Samgarapuram Kallaikurichi. of 25.02.2024.
5. Awarded with “**Best yoga teacher**” for the occasion 11th International day of yoga Moongambigai hall, Chennai, 22.6.2025.

Declaration

I hereby declare that the above-furnished information is true to the best of my knowledge.
[**V.SETTU**]

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MO ngambigai hall, Chennai, 22.6.2025