

Curriculum -Vitae



Name :k.SANTHI

Date of Birth & Age : 20-03-1977&48 years

Designation : Assistant Professor

Official Address : Department of Human Excellence

NallamuthuGounderMahalingamCollege

Pollachi – 642001

Email – ID : ksanthisekar@gmail.com

Educational Qualification:M.A (YHE),, DYBT.SDYHE.,,

Course	Major Subjects	College/University/Institution	Year of Passing
B.A	History	Bharathiar University	2009
M.A	Yoga for Human Excellence	Bharathiar University	2014
DYBT	Yoga for Human Excellence	Bharathidhasan University	2024
SDYHE	Yoga for Human Excellence	JAIN University	2025

Teaching Experience : 9 years

Short Term Course :

1. NPTEL Online Certification Course on the topic “**Educational Leadership**” (**Score – 44% Elite**) for Eight weeks has been completed during Feb-Mar 2018.
2. “**Diploma In Yogic Behavior Therapy**” in Bharathidasan University may,2024
3. “**Skill Diploma In Yoga For Human Excellence**” course completed on 2025

Journal Publications

1. Presented a paper on “**SangallakeyaPadalkalilKadavulvalipattumurai**” in the InternationalConference (P-ISSN: 2321-788X) Organized by the Department of Tamil Thiruvalluvar College, Papanasam.Tirunelveli on 24-03-2020
2. presented a paper “**cittrailakkiyattilmanitaneyamanpukal**” in the International Conference on Virtues & Spirituality in Tamil Literature (ISSN:2321-0737) Organized by the Department of Tamil, NGM College, Pollachion 18-07-2019.
3. Presented a paper on “**Yogic Dieatary Lifestile**”in the published **Madhya Bharti** :ISSN0974-0066 with IF=6.28,Vol.82,No.09,December :2022UGC Care Approved, Group I ,Multi –disciplinary Referred Journal

4. Presented a paper on “Breathing for Brainpower: Exploring the Potential of Pranayama for Enhanced Memory and Concentration in High School Students” in the published Aathiyoga Indian Journal of Ancient Medicinal, ISSN: 3048-9822 Volume:1 : 03.11. 2024.

Refresher Course/Orientation Course/PDC/FDPOrganized

- 1. Co-coordinator 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 on 24-08-2018.
- 2. 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.
- 3. One day Workshop** on Skill development programme on Students the topic “**My Dream My Future**” Organized by Department of Human Excellence, NallamuthuGounderMahalingam College, Pollachi, on 26-09-2022
- 4. Organized Professional Development Program** for Teaching & Non teaching faculty **Topic “Yoga the way of life”** Resource person Dr.T.T.Shanmugavelu, Sky senior professor (08.11.2022)
- 5. 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.
- 6. 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.

- 7. 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.
- 8. 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
- 9. 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.
- 10. 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.
- 11. 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.

12. Participated in the One Week National Level FDP titled “Interdisciplinary Research Collaborations & Innovative Teaching method For Mathematics” on 24.12.2025 to 30.12.2026 organized by DIGI Skill Development Centre & Training Institute.

13. Participated in the One Week National Level FDP titled on Outcome based learning in HEI’s for Quality Education Jointly organized by (IOAC) & Department of Science and Humanities, Dhaanish Ahmed Institute of Technology, Coimbatore from 18.07.2025 to 22.07.2025

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. Online **Workshop** on behalf of World Heart Day (Sep29) on the Topic ‘Yoga for Heart Care’ organized by Department of Human Excellence, NallamuthuGounderMahalingam College, from 29.09.2021 to 01.10.2021.
3. One day Workshop on Science of Physical Exercise organized by Department of Human Excellence on 29.03.2022.
4. Two days **Workshop** for Soft skill on “Agna Meditation (Initiation) for Students” Organized by Department of Human Excellence,

NallamuthuGounderMahalingam College, Pollachi, on 24-08-2022 to 25.08.2022.

5. Two days **Workshop** for Soft skill on “Shanthi Meditation (Initiation) for Students” Organized by Department of Human Excellence, NallamuthuGounderMahalingam College, Pollachi, on 02-09-2022 to 05.09.2022.
6. One day **Workshop** on Skill development programme on Students the topic “My Dream My Future” Organized by Department of Human Excellence, NallamuthuGounderMahalingam College, Pollachi, on 26-09-2022.
7. **Workshop** based Five days **Summer Camp** “Yoga for Kids 2023” organized, Department of Human Excellence, NallamuthuGounderMahalingamCollege, from 02.05.2023 to 06.05.2023.
8. **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.
9. **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.
10. **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.
11. **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.

12. **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.

13. **Two days Workshop** for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 31-12-2024 to 02-01-2025.

14. "**The Impact of Social Media on Student's Mental Health**" for All UG Students at VallalarArangamorganized - Department of Human Excellence on 29.01.2025

15. **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.

16. **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.

17. **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.

18. **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 **Orientation Course** held at Temple of Consciousness, Arutperumjothi Nagar, Aliyar for Three days from 14-03-2013 to 16-03-2013.

2. Participated in the **Orientation Course** for Research Temple of Consciousness ArutperumJothi Nagar, Aliyar for Three days from 27-10-2013 to 27-10-2013.
3. Participated in the **YYE Facilitation Coues** held at Temple of Consciousness, Arutperumjothi Nagar, Aliyar for three days from 04-07-2016 to 06-07-2016.
4. Participated in the **Orientation Course** held at Temple of Consciousness, Arutperumjothi Nagar, Aliyar for Five days from 23-11-2017 to 27-11-2017.
5. Attended in **Faculty Orientation Program** organized by Training and Placement Cell, NGM College, Pollachi on 24-08-2018
6. Participated in the **Orientation Course** for Research Temple of Consciousness ArutperumJothi Nagar, Aliyar for Five days froms 01-11-2019 to 05-11-2019.
7. Participated in the **Orientation Course** for Research Temple of Consciousness ArutperumJothi Nagar, Aliyar for Five days from 01-11-2019 to 05-11-2019.
8. Attended in **Faculty Development Program** on “Recent Trends in Higher Education in Science and Humanities to Rural Students” for Three days from 12-06-2019 to 14-06-2019.
9. Participated in One day **International SKY Doctor Conference** on “Meditation the Super Medication” Organized by the Temple of Consciousness at Aliyar, on 03-11-2019.
10. Participated in the **Zonal Refresher Course** for Assistant Professor at Tiruppur on 10-10-2021.
11. Attended in the Skill Development Program Entitled “**Enhancing Communication Skill For An Effective Professional Development**”

Organized by the Department of English Language,NGM College, Pollachion on 5.11.2022

- 12.Attended **Traditional Siddha Medicine Class** conducted by Vaalambigai Trust, Palani from 09-10-2021 to 10-10-2021
- 13.Participated in the **Zonal Refresher Course** for Assistant Professor at Tiruppur on 10-10-2021.
- 14.Two Days NAAC Sponsored National Virtual Seminar organized by NallamuthuGounderMahalingam College on 3,4 .11.2022.
- 15.Participated one day National Seminar on “**Sustainable Developments Through MSME’s ; A Pathway to Self – Reliant India**” Organized by the Department of Commerce , NGM College, Pollachion 6-10-2023.
- 16.Participated student skill Development program on “ **Poultry Industry and Opportunities**”Organized by the Department of Zoology,NGM College, Pollachion 6-10-2023.
- 17.Participated in the **Zonal Refresher Course** for Assistant Professor at Tirupur on 27-01-2023.
18. Participated in the **Refresher Course** for Temple of Consciousness ArutperumJothi Nagar, Aliyar, for Three days from 13-10-2023 to 151-8-2024.
- 19.Participated in the**Master Refresher Course** for Temple of Consciousness ArutperumJothi Nagar, Aliyar, for Three days from 13-10-2023 to 151-8-2024.
- 20.Participated in the **Zonal Refresher Course** for Assistant Professor at Tiruppur on 26-12-2025

21. Participated in “IP Awareness Training program under National Intellectual Property Awareness Mission” organized by Intellectual Property Office, India on 22.07. 2025

Seminars, Conference Paper Presented

1. Participated and presented a paper on “ **Solution for Pollution**” in the International Seminar on “The Success of Modern Life Lies in Harmony with Nature” Organized by the Department of Human Excellence, NGM College, Pollachi on 21-09- 2017.
2. Participated and presented a paper on “ **Health and Mendel Wellness through Yoga** ” in the National Seminar on “The Holistic Approach towards Physical and Mental Health ” Organized by the Government Arts College Paramakudion 27-07-2018
3. Participated and presented a paper on “ **Role of Yoga On Empowering Entrepreneurship Among Rural Women** ” in the ICSSR sponsored one day National Seminar on “Rural Women Empowerment through Entrepreneurship” Organized by the Department of E-Commerce, NGM College, Pollachi on 19th& 20th January 2023.
4. Participated and presented a paper on “ **Women Employment, Entrepreneurship and Empowerment** ” in the ICSSR sponsored One day National Seminar on “Rural” Organized by the Department of E-Commerce, NGM College, Pollachi on 15.03.2023
5. Participated in one day National Seminar on (ICSSR),” **Vision for Vishwa Guru India; Initiatives for Global Leadership by 2047** ” Organized by the Department of Commerce , NGM College, Pollachion 21-07-2023
6. Participated and presented a paper on “ **National Education Policy:2020 Challenges And Opportunities For Higher Educational Institution** ” ,in

the ICSSR sponsored Two day National Seminar , Organized by the Department of Commerce, NGM College, Pollachi on 16,17.03.2023

7.Participated and presented a paper on” **Yoga For Stress-Relief In Modern Life**”, in the ICSSR sponsored One day National Seminar on Empowering India Through Digital Transformation Rural Organized by the Department of E-Commerce, NGM College, Pollachi on 19.06.2024

8 .Participated and presented a paper on**The Feminine Emerge In Yogic Traditions**.one day International Seminar , Organized by Manushi Instituted of Yoga on 08.03.2025

Guest Lecture

1.Acted as Resource Person for Art of self management course conducted by Sakthi Institute of Information and Management Studies (SIIMS), Pollachi, on the topic of “Need For Human Excellence ” on 11.11.2021

2.Acted as a Resource person tow day skill development programme entitled “Sky Yoga for Healthy Life” Nehru Arts and Science College Coimbatore, on 08.12.2021

3 .Acted as Resource Person for Art of self management course conducted by Sakthi Institute of Information and Management Studies (SIIMS), Pollachi, on the topic of “Significance of Body, Mind, and Spiritual” on 23.12.2021

4. Acted as Resource Person for Art of self management course conducted by Sakthi Institute of Information and Management Studies (SIIMS), Pollachi, on the topic of “ Method of Food” on 27.08.20023

5. Acted as Resource Person for Art of self management course conducted by Sakthi Institute of Information and Management Studies (SIIMS), Pollachi, on the topic of “Power of Mind ” on 25.10.20023
6. Acted as Resource Person for Art of selfmanagement course conducted by Sakthi Institute of Information and Management Studies (SIIMS), Pollachi, on the topic of “ Method of Food” on 27.08.20024
7. Acted as Resource Person for Art of self management course conducted by Sakthi Institute of Information and Management Studies (SIIMS), Pollachi, on the topic of “ShanthiInitiation” on 10.11.2022
8. 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, NallamuthuGounderMahalingam Collegefrom 14.11.2022 to 18.11.2022.
9. Acted as Resource Person for Art of self management course conducted by Sakthi Institute of Information and Management Studies (SIIMS), Pollachi, onthe topic of “AgnaInitiation” on 03.11.2022
10. Acted as a Judge for **Yoga Competition for Students and Faculty** membersfrom NGM College on the occasion of Sports day Organized by Department of Physical Education, NGM College, Pollachi, on 20.03.2023.
11. Acted as a resource personUdumalpet Arts College students on the topic of ShanthiInitiation on 06.07.2024.
12. Acted as a resource person SKY Trust Udumalpet on the topic of Explanation ofAll Meditation on 13.12.2025
13. Acted as a resource person SKY Trust UdumalpetManavalakaliMandram on the topic of Explanation of PanchaPoothaNavagraha meditationon

17.11.2025

14. Acted as a resource person SKY Trust Udumalpet Manavalakali Mandram

First sem M.Voc students on the topic of "Explanation of All meditation"

on 13.12.2025

15. Acted as a resource person SKY Trust Udumalpet Manavalakali Mandram

First sem M.Voc students on the topic of "Explanation of Shanti

Initiation" on 07.12.2025

16. Acted as a resource person SKY Trust Udumalpet, VSP Programme on the

topic of Kayakalpa Explanation and practise on 24.01.2026

Book Chapter

- 1 Published in the book Chapter "The Feminine Face Of Yoga: Celebrating Women's Empowering And Spirituality" in the ICSSR sponsored One day National Seminar on Vision Viksit Bharat 2047: Contribution and Individual of Digital India For Empowering Rural Women's Organized by the Department of Commerce –Professional Accounting, NGM College, Pollachi on 31.01.2025

- 2 Published in the Book Chapter Harnessing Artificial, Innovation and Technology :A Pathway to Economic Transformation and Sustainable Development In India on Topic on "Balancing Human Creative and AI Innovation in Business Growth" ISBN-978-93-944004-62-7 in the ICSSR sponsored On day National Seminar, Organized by the Department of Commerce –International Business , NGM College, Pollachi on 19.09.2025.

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 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 21-06-2021.
3. International Women's Day **Skill development programme** for Students on “Impact of on PCOs and Health among Female Students” organized by Department of Human Excellence NallamuthuGounderMahalingam College, Pollachi, on 14.03.2023.
4. Participated as a **Co-ordinator** in the 9th International Day of Yoga Celebrated in association with Mahalingam College of Engineering and Technology, NachiMuthu Polytechnic College, Pollachi, Pollachi College of Arts and Science, Poosaripatti, and NallamuthuGounderMahalingam College , Pollachi.on 21.6.2023,
5. 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 21-06-2022.
6. 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 21-06-2024.
7. Participated as a **Co-ordinator** in the Department of Human Excellence, in collaboration with the National Service Scheme (NSS) and the Yoga &

Meditation Club of NallamuthuGounderMahalingam College (Autonomous), Pollachi, organized the 11th International Day of Yoga on 21st June 2025 at VivekanandarArangam

Awards and achievements;

1. Participated in “**Spiritual World Record2021**” organized by World Community Service Centre on 28.03.2021.
2. Awarded with **Best yoga Teacher** for the occasion 11th International day of yoga,Tamilnadu Sports Yogasana Association, Moongambigai hall, Chennai, 22.6.2025

Associated Institutions

1 .Associated as resource person for UG &PG students with “**Vethathiri Maharishi’s sky yoga, system**” since 2011 till date

Extra-Curricular Activity

1. **Participated in FIT NGM RUN** (Inter- College Event) Organized by Dept, of Physical Education, NGM College, on 18-02-2020.

Declaration

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

[K.SANTHI]

