

Profile

Name : A.Srikavitha



Date of Birth & Age : 22.02.1995 & 30 Years

Designation : Assistant Professor

Official Address : Department of Human Excellence,

NallamuthuGounderMahalingamCollege

Pollachi – 642001

Email – ID : srikutty994@gmail.com

Educational Qualification: B.Com(CA),MA(YHE),DYBT

Course	Major Subjects	College/University/Institution	Year of Passing	Percentage
B.Com	Computer Application	NGM College, Pollachi	2015	70%
MA	Yoga for Human Excellence	Bharathiyar University	2022	85%
DYBT	Yoga Therapy	Bharathiyar University	2024	82%

Area of Specialization : Yoga & Health related training, Ethics and Culture

Teaching Experience : 2 years

Journal Publications

1. **Presented a paper on “An Updated Review on *Hibiscus rosa sinensis* : Pyhtochemistry and Medicinal Uses” in the Aathiyoga Indian Journal of Ancient Medicine and Yoga (AIJAMAY) (ISSN: 3048-9822), published in January 2025.**
2. **Presented a paper on “The Efficacy of Vethathiri Maharishi’s Maharasana and Simplified Kundalini Yoga(SKY) as Therapeutic Intervention for Polycystic Ovarian Disease among the Collegiate Female Population” in the Aathiyoga Indian Journal of Ancient Medicine and Yoga (AIJAMAY) (ISSN: 3048-9822), published in December 2025.**
3. **Presented a paper on “Fasting as a Holistic Health : Insights from Classical Yovic Philosophies ans Sky Yoga” in the IPE Journal of Management (ISSN: 2249-9040), published in July to December 2025.**

Seminars, Conference

Paper Presented

1. Published a paper titled “Food And Scientific Background In Tamil Literatuire”– “Tamil Elakiyalgal Unaveiyalum Ariviyal Pinpulamum” in the International Journal (ISBN: 978-81-971075-7-3), published during on 05.04.2024, pp. 276–985, SRMV College ,Coimbatore
2. Published a paper titled “Tamilarin Virunthombal”– Varalaru, Thathuvam, Araneri” in the International Journal Valar Tamil Aivu (ISSN: 2583-0139), published during 18 & 19 May 2024, pp. 248–251, World Tamil Sangam, Madurai.
3. Published a book chapter titled “Cutivating Inner Strength :Yoga’s Role In Empowering Youth” in the edited volume Empowering India through Digital Transformation – A Sustainable Approach (ISBN: 978-93-340-6921-1), released on 19th July 2024, pp. 34-44, from the ICSSR sponsored National Seminar on Empowering India through Digital Transformation – A Sustainable Approach, organized by the Department of Commerce – E-Commerce, NGM College, Pollachi.
4. Published a paper titled “Tamil Kadavul Kanthan” in the National Journal Valar Tamil Aivu (ISSN: 2583-0139), published on 18th January 2025, pp. 372-374, World Tamil Sangam, Madurai.
5. Published a book chapter titled “Empowering Woman Through The Transformative Practice of Yoga ” in the edited volume Vision Vikshit Bharat 2047: Contribution and Initiatives of

Digital India for Empowering Rural Women (ISBN: 978-93-94004-84-1), released on 31st January 2025, pp. 215-220, from the ICSSR sponsored National Seminar on *Vision Vikshit Bharat 2047: Contribution and Initiatives of Digital India for Empowering Rural Women*, organized by the Department of Commerce – Professional Accounting, NGM College, Pollachi.

6. Published a book chapter titled “***The Power of Women in Yogic Evolution***” in the edited volume *Matrashakti in Yoga: The Power of Women in Yogic Evolution (ISBN: 978-81-985654-5-7)*, released on 08th March 2025, pp., from the one day International Seminar on *Matrashakti in Yoga*, organized by the Manushi Institute of Yoga, Chidambaram.
7. Published a book chapter titled “***YOGA OF TECHNOLOGY: MERGING ARTIFICIAL INTELLIGENCE WITH YOGIC INTELLIGENCE FOR INDIA’S PROSPERITY***” in the edited volume *Harnessing Artificial Intelligence, Innovation and Technology: A Pathway to Economic Transformation and Sustainable Development in India (ISBN: 978-93-94004-50-4)*, released on 19th September 2025, pp. 393-396, from the one day National Seminar held at NGM College, Pollachi, sponsored by ICSSR – SRC, Hyderabad.
8. Published a book chapter titled “***Bharathiyan Parvaiyil Pengalin Viduthalai***” in the edited volume *Bharathiyan Ilakkiya Kazhagam (ISBN: 978-81-958552-9-1)*, released on 04th November 2025, pp. 31–39, from the one day International Seminar on *Bharathiyan Sinthanai Mandram*, organized jointly by Bharathiyan Sinthanai Mandram and NGM College, Pollachi.

Workshop – Organized

1. **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.
2. **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.
3. **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.
4. **Two days Workshop** for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 31-12-2024 to 02-01-2025.

5. **“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
6. **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.
7. **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.
8. **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.
9. **Two days Workshop** for Thuriya Meditation (Initiation) for Students organized by Department of Human Excellence on 18-12-2025 to 19-12-2025.
10. **One day Workshop** for PCOD and PCOS Awareness Program for students organized by Yoga and Meditation Club on 30.01.2026

Participated

1. Participated in the **Zonal Refresher Course** for Assistant Professor at Coimbatore on 29-12-2024
2. Participated in the **Zonal Refresher Course** for Assistant Professor at Coimbatore on 2025
3. Participated in the **Master Refresher Course** for Temple of Consciousness Arutperum Jothi Nagar, Aliyar, for Three days from 26-05-2025 to 28-05-2025.

Declaration

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