

# Curriculum -Vitae



Name : Dr.S.SHANMUGAVADIVU  
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Designation : Assistant Professor  
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**Educational Qualification:** M.A (Eco)., M.A(YHE)., DYHE.,Adv.Dip(Acu).,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            |
| Dip (Acu)    | Classical Acupuncture and Life Science | Bharathiar University          | 2025            |
| Adv.Dip(Acu) | Classical Acupuncture and Life Science | Bharathiar University          | 2026            |

**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 Short 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’.
4. Completed Six months course in **SyvaSithantha** organized by Kyilai Arakkatalai from July-2025 to Dec-2025.
5. Completed 18-days, 18-session **Path of Gita** course on the Bhagavad Gita, conducted by ISKCON HBR Layout, Bengaluru on June 2026.

### **Research Project**

Seed Money Project on the title of “**A study on the impact of regular yoga practice on stress levels among college women students**” funded by Nallamuthu Gounder Mahalingam College, Pollachi (December to September 2026).

### **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:**SiddharIlakkiyangalilManithaNeyam.
3. Published an article in the Journal of**Modern ThamizhResearch** an UGC Care Listed (Group – 1) Journal, ISSN: 2321-984X, Special Issue Volume – 2, on 04.03.2021.(Page No:255-260)  
**Topic:**ThirukkuralilThanimanithaAlumaiMembadu.
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 Basisof Yoga
7. Published an article in the Journal of **International Journal of Research and Innovation in Applied Science** ISSN No. 2454-6194 | DOI: 10.51584/IJRIAS |Volume XI Issue II February 2026.  
**Topic:** Impact of Simplified Kundalini Yoga Practice on Stress Level among College Students

8. Published an article in the Journal of **International Journal of Scientific Research in Engineering and Management** ISSN: 2582-3930 | DOI: 10.55041/IJSREM64223, Volume: 10 Issue: 05 | May – 2026, SJIF Rating: 8.659.  
**Topic:** Role of Meditation in Building Psychological Resilience among College Students.
9. Published an article in the Journal of **Journal of Technology** ISSN: 10123407 | DOI: 18.15001/JOT.2026/V14I7.26.18329, Volume: 14 Issue: 07 | July – 2026.  
**Topic:** Impact of academic factors on stress levels among college Women students

### **Peer Reviewed Journal:**

10. 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
11. 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 Training 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 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, NallamuthuGounderMahalingam 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 JAMOVl”** organized by Department of Social Work from 28.07.2025 to 01.08.2025.
  7. Participated inFive-Day International Onlinse 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, ArutperumJothi Nagar, Aliyar from 14-03-2016 to 17-03-2016.
2. Participated in the **Orientation Course** for Research, Temple of Consciousness, ArutperumJothi Nagar, Aliyar for Five days from 12-10-2016 to 16-10-2016.
3. Participated in the **Orientation Course** for Research, Temple of Consciousness, ArutperumJothi Nagar, Aliyar from 12-06-2017 to 15-06-2017.

4. Participated in the **Orientation Course** for Research, Temple of Consciousness, ArutperumJothi Nagar, Aliyar from 04-06-2018 to 07-06-2018.
5. Participated in the **Orientation Course** for Research, Temple of Consciousness, ArutperumJothi Nagar, Aliyar for Five days from 05-12-2018 to 09-12-2018.
6. Participated in the **Orientation Course** for Research, Temple of Consciousness, ArutperumJothi Nagar, Aliyar for Five days from 24-05-2019 to 28-05-2019.
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. Participated in the **Master Refresher Course** at Temple of Consciousness, ArutperumJothi 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, NallamuthuGounderMahalingam College, Pollachi on 08.02.2023& 09.02.2023.
6. Participated in One day National Seminar on“**Womenn’s Employment, Entrepreneurship and Empowerment**” organized by the Department of Commerce (E-Commerce), NallamuthuGounderMahalingam 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, NallamuthuGounderMahalingam 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, NallamuthuGounderMahalingam 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, NallamuthuGounderMahalingam 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 27<sup>th</sup> 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), NallamuthuGounderMahalingam 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 in 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), NallamuthuGounderMahalingam College, Pollachi on 19.07.2024. **ISBN: 978-93-340-9642-2**
5. Participated & presented a paper in One Day National Seminar on vision viksitbharat 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, NallamuthuGounderMahalingam College, Pollachi on 31.01.2025. **ISBN: 978-93-94004-84-1**
6. Participated & Presented a paper in 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, NallamuthuGounderMahalingam College, Pollachi on 19.09.2025. **ISBN: 978-93-94004-50-4**

7. Participated & Presented a paper in One Day International conference on BharathiarSinthanaigal on the topic of **“BharathiarinKalviSinthanaigal: PuthiyaKalvikkolgaiyudanOppittuAivu”** Jointly Organized by BharathiarIlakkiyaKazhagam, NallamuthuGounderMahalingam College and PollachiBharathiarsinthanaiMandram on 04.11.2025. **ISBN: 978-81-968552-9-1**
8. Participated & Presented a paper in One Day National Seminar on prospects of artificial intelligence (AI) and Personalized learning in inclusive education Integrated to the national education policy (NEP) - 2020on the topic of **“prospects of Artificial Intelligence (AI) and Personalized Learning in Inclusive Education Integrated to the National Education Policy (NEP) - 2020”** Organized by the Department of Commerce - CA, NallamuthuGounderMahalingam College, Pollachi on 06.02.2026. **ISBN: 978-93-94004-30-6**
9. Participated & Presented a paper in One Day National Seminar on Leveraging Digital Governance for Inclusive Economic Growth: GST Reforms and Fiscal Federalism in Tamil Nadu on the topic of **“Economic Reforms and Psychosocial Stress: A Theoretical Examination of Yoga as a Mitigating Framework in the GST Era”**Organized by the Department of Commerce –Banking and Insurance, NallamuthuGounderMahalingam College, Pollachi on 13.03.2026. **ISBN: 978-93-94004-35-1**

### **Book Chapter:**

1. Published a book 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,Pages38-42.

2. Published a book chapter on “**Harmonizing Artificial Intelligence and Yoga for Emotional Well-Being and Cognitive Growth**”in AI - Enabled Marketing Innovation Supporting Sustainable Business Growth and Changing Customer Behaviorin the Recent Era, ISBN: 978-93-5782-134-6, on April-2026.

### **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 Softskill on “Agna Meditation (Initiation) for Students” Organized by Department of Human Excellence, NallamuthuGounderMahalingam College, Pollachsi, on 24-08-2022 to 25.08.2022.
3. Two days**Workshop** for Softskill on “Shanthi Meditation (Initiation) for Students” Organized by Department of Human Excellence, NallamuthuGounderMahalingam 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, NallamuthuGounderMahalingam College, Pollachi, on 26-09-2022.
5. **Two days Workshop** for Soft Skills on Agna Initiation for students organized by Department of HumanExcellence on 31.07.2023 to 01.08.2023.
6. **Two days Workshop** for Soft Skills on Shanthi Initiation for students organized by Department of HumanExcellence 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 VallalarArangamorganized-Department of Human Excellence on 29.01.2025
12. **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.
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 11<sup>th</sup> 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 NallamuthuGounderMahalingam 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, NallamuthuGounderMahalingam 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, ChhatrapatiSambhajanagar, 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 KinathukadavuManavalakkalaiMamdram 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, NallamuthuGounderMahalingam 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 KinathukadavuManavalakkalaiMamdram 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 KinathukadavuManavalakkalaiMamdram on 15.06.2024.
10. Acted as a Resource Person for general public on the topic “**Introspection – III**”, at KinathukkadavuManavalakkalaiMamdram 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 NachimuthuGounder 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 PollachiManavalakkalaiMamdram Trust, organized by Temple of Consciousness, Pollachi on 26.10.2025.
14. Acted as a Resource person on the topic of“**Benefits and Importance of Human Excellence for Students**” 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 NallamuthuGounderMahalingam College, Pollachi, on 14.03.2023.
3. Participated as a Co-ordinator in the 9<sup>th</sup>International Day of Yoga 2023, June 21 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.
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 SE10– 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]**