

Curriculum -Vitae



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 Date of Birth : 11.11.1968
 Designation : Assistant Professor
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Educational Qualification

Degree	Discipline	University	Year of Passing
B.A.,	B.A., Eng (Lit)	Madras University	1988
M.A.,	History	Madras University	1990
M.Phil	History	Madras University	1992
M.A.,	English Literature	Annamalai University	2008
B.Ed.,	English Literature	Tamil Nadu Teachers Education University	2009
M.A.,	Yoga for Human Excellence	Bharathiar University	2009
Ph.D	Yoga for Human Excellence.	Bharathiar university	2020
YTTC	Yoga Alliance 200 hours Teacher Training course	Manushi Institute of Yoga, Chidambaram	2021
DYT	IAYT Certified Yoga Therapy Course	Manushi Institute of Yoga, Chidambaram	2022
M.ACU	Master in Acupuncture	ATAMA –Acupuncture is traditional alternative medical association	2023
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Teaching Experience

Period	Position Held	Organization	Years
1992 to 1993	Lecturer in History	Sri Saradha College, Salem	1
1999 to 2002	Teacher in History & English	Nachiyar Vidhyalam, Pollachi.	3
2006 to 2008	Lecturer in History	N.G.M. College, Pollachi	2
2009to 2010	Teacher in History and Geography	LMS School, Pollachi	1
2010to 2017	Assistant Professor in Sky yoga	Sky Yoga center, Aliyar	7
2017 to Till date	Assistant Professor in Human Excellence	N.G.M. College, Pollachi.	9

Area of Specialization : Yoga & Health related training.

Teaching Experience : 21 years

Refresher course/Orientation course attended:

- 2002 : Certificate in Effective Teaching & Communication
Holy mother Sarada Trust, Coimbatore.
- 2004 : Certificate in Painting & Embroidery
- 2006 : Business English Certificate, University of Cambridge,
(ES OL Examinations)
- 2007 : Master course in Yoga, Kundalini Yoga and Kaya Kalpa

Research foundation, Aliyar.

- 2013 : Assistant professor Trainee refresher course, SMART-WCSC, Aliyar.
- 2016-2017: Worked as YVE coordinator & YHE coordinator in SKY Yoga trust, Pollachi.

Research Project

1. Seed Money Project on the title of “**Integrative Approach for Diabetes Prevention: Yoga And Plant based Diet**” funded by Nallamuthu Gounder Mahalingam College, Pollachi, (April to September 2024).

Journal Publication

1. Published article in the journal named “**International journal of Advancement in Research and Technology**” (ISSN)(2278-7763)(IJOART)issued vol 4 issue, 5 **May 2015** Edition.Topic: Student – Teacher Relationship.
2. Published article in International journal named “**STM – journal**” – A journal of Life Sciences (ISSN: 2249-8656) volume 4, issue **2015**.Topic: “**Healthy food Habits**”
3. Published article in UGC approved journal Shanlax International Journal of Arts, Science and Humanities.—ISSN—2321-788x,volume ,March,**2018**.Topic; “**World without War**”

4. Published article in UGC peer reviewed International Journal of Scientific Research and Modern Education (IJSRME) Impact Factor: 7.137, ISSN (Online): 2455 – 5630 (www.rdmodernresearch.com) Volume 7, Issue 1, 2022 57 Topic- **“yogic practices and mindfulness”** 21st may **2022**.
5. Participated in International Tamil Conference and Published article in UGC approved journal Humanities in Tamil Literature. Topic **“Spirituality Fosters Humanity- (18\7\2019.)**
6. **“Sky yoga - A Yoga for Modern age”** – A Glimpse, Kanpur Philosophers International Journal of humanities, Law and Social Sciences- ISSN 2348-8301-- Vol. IX, issueno.15 : **2022**, Volume-9, Issue1,No.15,2022.Page No 129-133
7. **“The Principles of Integral Yoga Substantiates the Principles of Sky Yoga”**- Journal of Management & Entrepreneurship- ISSN : 2229-5348 - UGC Care Group 1 Journal, Vol. 16, No.2 (X), April - June **2022**.p.no 88
8. Rabindra Bharathi Journal of Philosophy, Published in Department of Philosophy , Rabindr Bharatiuniversity- **“Swami Vivekananda’s Concept of Universal Religion”**- UGC Care Group1Journal ISSN:0973-0087 Vol:XXXIII,No:19,2022
9. **“Harmonizing Ancient Traditions with Contemporary Science : Explaining the scientific Basis of Yoga”**- History research Journal-0976-5425-**2024**

10. “Therapeutic Role Of Yoga in Type-II Diabetes”- South India Journal Of Social Sciences-0972-8945, July – December : 2024

11. “Yoga Therapy for Cervical Spondylosis”-Journal of Educational Planning and Administration. ISSN : 0971-3859 ; Vol XXXIX NO. 2, April - June 2025

12. “Effectiveness of SKY Yoga on Emotional Regulation, Executive Function, and Self-Control in Reducing Internet Gaming Disorder among Adolescents”. | IJIRT | Volume 12 Issue 10 | ISSN: 2349-6002, March 2026

13. “Breath Regulation (Pranayama) in Thirumoolar yogam& its relevance in Modern Neuro Science”. Naveena Tamil Aayvu (Modern Tamil Research) ISSN: 2321-98-4X, Vol.14 No-1.January – March-2026

14. “Integrating Ayurveda and Yoga for Holistic Health and Well-being”. Kalanjiam (International Journal of Tamil Studies) Volume-6, Issue-01, *E-ISSN 2456-5148*, May 2026 ,Online: www.ngmtamil.in

Short Term Course

- 1. NPTEL Online Certification Course on the topic “enhancing soft skills and personality” (Score – 79% Elite) for Eight weeks has been completed during Feb-April 2020.**
- 2. “Yoga Therapy for Reversing Diabetes” conducted by Manushi Institute of Yoga, Chidambaram. (July 24th-April 28 th July 2023)**

3. Completed of **yoga Teacher Training Course** conducted by Ministry of AYUSH, Government of India. Certificate no:P000048211, validity period from 14 June 2023 to 13 June **2023** Evaluated by Yogic Early Education Service Trust certified by yoga certification board .
4. Completion of 15 weeks course on “**Introduction to Natural Health Science**” certified by International Hindu University under ancient spiritual wisdom of the Hindu Dharmic way of life (30.05 . **2023**)
5. Completed 200 hour **Functional Plant-Based Health Coach** Organized by Manushi Institute of Yoga , Chidambaram (02.11.**2023**)
6. Completed **Ayush certified Yoga volunteer teacher training course** YVTTC- 36 hours conducted by Manushi Institute of Yoga , Chidambaram. (March 27th-April 15th **2024**)
7. Completed two years ‘Diploma in Yoga Therapy’ in Manushi Institute of Yoga, Chidambaram (**2019-2021**)
8. Completed Masters course in **Acupuncture** – The natural healing technique-**2023**
9. Completed” six months course in “Siva Sidhantha” philosophy and got the title “Siva Sidhantha Sudar conducted by Kailai Arakattalai, Ghandharva Kottai - **06.03.2026**.

Paper presented in Seminars & Conferences

1. UGC sponsored national seminar on “**perspectives of Indian Tourism Industry**,” held at **N.G.M. College, Pollachi** - 25.01.2007.
2. UGC Sponsored National Symposium on” Ethics and Human Values” held at Gobi Arts and Science college, Topic: “**Eternal Values of human Life**”- 05.10.2007.
3. CSIR Sponsored National Level Conference on” **Recent Trends in Environmental Management and Technology**,” held at N.G.M. College, Pollachi.- 14.08.2008
4. UGC Sponsored National Conference on” Human Excellence through ethics and value education” Topic: “**Need of Human Excellence in Curriculum**” held at NGM College on 04.10.2008.
5. National conference on “**Yoga for Holistic Health**”- topic The influence of 19th Century Ideologies on “Vethathiri Philosophy” held at Aliyar- 2013.
6. National Seminar on “Empowering the youth to enrich mankind” Topic of the paper “**Passion for Excellence**” held at the Department of Human Excellence-2016.

7. International conference of Indian Society for Indic Studies (ISIS)-
topic “Yoga at School” held at National Youth Center New Delhi-
2013.
8. International Seminar “The Success of Human Life Lies In Harmony
With Nature” – Topic:“**Save trees and Save Earth**” held at N.G.M
College on 21st September, 2017 (ISBN: 978-81-933882-9-7)
9. National Conference-“**Contributions and Impacts of Intellectuals,
Ideologists and Reformists towards Socio-Political Transformation
in 20th century**” held on 20th September, 2017 at N.G.M College.
10. Trained yoga for secondary grade science teachers organized by
Physics Department, held at N.G.M College on 1st September, 2017.
11. 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.
12. Participated in International Webinar on “**The Secret of Raw Food**”
Organized by Manushi Institute of Yoga, Chidambaram(online)
12.09.2021
13. International virtual “Vegan Conference”-Topic “**The impact of Diet
in the overall wellness-Body, Mind & Soul**” Organized by

International Vegan Alliance & Manushi yoga Institute, Chidambaram
.Zoom(15&21.11.2021)

14. International **Short term Programme- Topic-“Fight Diabetes with Food”** by Physicians Committee and Manushi Institute of Yoga, Chidambaram(19.08.2021 to 7.10.2021)

15. International Conference, topic **“Swami Vivekananda’s Concept of Universal Religion”** organised by the Department of Tamil, NGM College, Pollachi. (12\12\2021)

16. International Conference on **“Yoga Therapy for Freedom from Diseases “topic- “Yoga Therapy for Back Pain”- ISBN No: 978-81-952209-0-8-(13,14.08.2022)**

17. Participated in online **HSRC International webinar** Topic **“Transforming global education”** Organized by Holistic Science research Center, Surat.Gujarat. (25.09.2022)

18. Participated & Presented paper in the International Conference Rural Women Empowerment through Entrepreneurship **“Yoga for Rural Women Entrepreneurs”** ISBN:978-93-5780-553-7-2023-(19.01.23 and 20.01.23)

19. Participated in International Yoga conference **“Yoga Sathra Sangamam”** Organized by Vivekananda Kendra , Kanyakumari .(24.02.23 to 26.02.23)

20. Participated & Presented paper in the World 1st Yoga Therapy Conference in Metaverse on the topic **“Yogic Intervention for Hypertension”** Organised by Manushi Yoga Institute, Chidambaram on the eve of 9th International Day of Yoga. (17.06.2023) .
21. Participated & Presented paper in the International Conference topic 48th International Conference on Recent Advances in Whole food Plant - Based Nutrition and Health Care- **“Plant Based Diet And Efficacy of Yoga to Prevent Cardiovascular Diseases”** -ISBN No: 978-81-96194604- *November 1st & 2nd-2023*
22. Participated and presented paper in the 6th International **Conference on Recent Advances in Science, Engineering & Technology organized by** Arjun College of Technology-2024 on the topic **“Yoga Therapy For Arthritis”(13 & 14.04.2024)**
23. Participated in the 10th International yoga Day webinar-topic **“Amazing Facts about Yoga”**. Organized by **WCSC- Vision, Sky Research Centre**, Aliyar in colabration with **Indian Yoga association**.(15/06/2024)
24. Participated and presented paper in the 1^{0th} International yoga Day seminar-topic on Seminar on **“Exploring the Transformative power of**

Yoga” on the topic **‘The scientific Perspective of yoga: Bridging Ancient Wisdom with Modern Perspective.’**(18/06/2024)

25.Participated in the 1^{0th} International yoga Day webinar-topic **“Amazing Facts about Yoga”** Organized by WCSC- Vision, Sky Research Centre, Aliyar in collaboration with Indian Yoga association, Tamil-15/06/2024

26.. Participated and presented paper in National Seminar Sponsored by Indian Council of Social Science Research “Empowering India through Digital Transformation– A Sustainable Approach”- Title ‘Using Yoga to Create a Meaningful Life in a Digital World’(July 2024)

27.. Participated and presented paper in National Seminar Sponsored by Indian Council of Social Science Research Vision Vikshit Bharat 2047: **Contribution and Initiatives of Digital India for Empowering Rural Women.** Title-“**Empowering Rural Women Entrepreneurs Through Yoga: A Pathway to Holistic Growth and Self-Reliance**” (30.01.2025)

28.Published book Chapter in the book “Rooted in Heritage: Integrating Education with Indian Knowledge Systems and Community Support” title-“Holistic Harmony: Integrating Ayurveda and Indian Knowledge Systems For Sustainable Well-Being”(31.1.2025)

29. Participated and presented paper in one day International Seminar on **‘Matrashakti in Yoga’**. Title-‘The Power of Women in Yogic Evolution: Prenatal Yoga’ (8.3.2025)

30. Participated and presented paper in The Global Conference- **“Neuro Well Being through Yogic Sciences Exploring the yogic pathways to brain health & mental harmony”**- Title **“Yoga Nidra”** (21.6.2025)

31. Participated and presented paper in One Day International Conference On **"India-Malaysia Bilateral Relations: Strengthening Economic, Strategic and Cultural Ties In The 21st Century"** Sponsored By Indian Council of World Affairs (Icwa), New Delhi.- title **‘Yoga & Ayurveda In Malaysia: Harnessing India’s Spiritual Soft Power in the 21st century’** (20.08.2025)

32. Participated and presented paper in Ic SSR- Src Sponsored National Seminar **“Harnessing Artificial Intelligence, Innovation and Technology: A Pathway To Economic Transformation And Sustainable Development In India”**- title **‘Spiritual Intelligence and Artificial Intelligence: Finding Harmony’** (19.09.2025)

33. Participated as Delegate in the Yoga National Conclave February 1 & 2 2025 organized by Vethathiri Maharishi College of Yoga , Chennai & Ministry of AYUSH Ministry , New Delhi

34. Participated and presented paper in Ic SSR- Src Sponsored National Seminar “Prospects Of Artificial Intelligence (Ai) And Personalized Learning In Inclusive Education Integrated To The National Education Policy “(Nep) – 2020. Topic - AI-Enabled Personalized Learning for Inclusive Education in NEP-2020: Bridging Spiritual Awareness, Mental Resilience, and Physical Health”. (06.02.2026)

35. Participated and presented paper in Ic SSR- Src Sponsored One Day National Seminar on Leveraging Digital Governance for Inclusive Economic Growth: GST Reforms and Fiscal Federalism in Tamil Nadu-GST compensation and their impact on Public Health System in Tamil Nadu- 13.03.2026.

Refresher Course Attended

1. Attended **Assistant Professor Refresher Course** held at Temple of Consciousness , Aliyar.(08.07.2017-10.07.2017)
2. Attended **Assistant Professor Refresher Course** held at Temple of Consciousness, Aliyar. (08.07.2022-10.07.2022)
3. Attended in 3 days “**Vedic Meditation Camp**” Topic Detox Your Body and Mind Organized by Manushi Institute of Yoga, Chidambaram @ Sat Darshan, Spiritual Learning Center,, Kerala (27.09.2022to 29.09.2022)
4. 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.

5. Attended in Skill Development Programme Topic **“Improving Communicative Skills”** Organized by Department of English Language, NGM College (05.11.2022)
6. Attended training program conducted by **“Intellectual property awareness mission “**.(27-01-2023)
7. Attended **5 days Internship Yoga Training Programme** Organized by Manushi Institute of Yoga, Chidambaram HLC Ayurveda and Nature Cure Hospital, Bangalore 24.12.2022to 29.12.2022
8. Participated in **Professional Development Program** Noyilla Vazhvirukku Tamizhar Maruthuvam Organized by Tamil Department, NGM College. 24.11.2023
9. Attended the **District Judges training program** Hybrid Mode Organized by Tamil Nadu Youth Yogasana Sports Association (11.11.2022 to 16.11.2022)
- 10.Participated in 5 days **Natural Health science Camp** Organized by Sangamam Natural Healthcare Hospital, Trichy (May 25th-30th- 2023)
- 11.Participated in one day Zonal Refreshers Course organized by The Directorate of Smart @ Coimbatore on 29.12.2024.
- 12.10 Days Workshop on Digital Tools & AI Tools- 18.03.2026 to 28.03,2026

Refresher Course/Orientation Course/PDC/FDP Organized

1. **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 2408-2018.
2. Co-ordinated 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.
3. Organized 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.
4. Organized Seven Days internationale-Quiz Theme ‘**My Yoga My Life Yoga**’ Topic-“**Yoga Boost your Immunity during Covid-19 Pandemic**” for Dept. Of Human Excellence, nallamuthugoundermahalingam College, Pollachi **Quiz** - <https://forms.gle/mfnq2bzcfwnsytbn8>
5. 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.

6. Participated in ICSSR Sponsored National Seminar Women's Employment Entrepreneurship and Employment Organized by Department of E-Commerce, NGM college 15th March 2022

7. **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.

8. **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.

9. 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.

10. 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.

11. 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.

12. Participated in ICSSR Sponsored National Seminar on National Education Policy Challenges and opportunities for Higher Educational Institution Organized by Department of Commerce, NGM college. 16&17 March 2023

13. Organized **Professional Development Program** for Teaching & Non teaching faculty Topic “**Yoga the way of life**” Resource person Dr. T. T. Shanmugavelu, Sky senior professor, Hosur (08.11.2022)

12. 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 Nallamuthu Gounder Mahalingam College, Pollachi, on 14.03.2023.

13. Organized workshop for 9th yoga day celebration “**Yoga and Humanity**” Organized by Department of Human Excellence, NGM college 21.06.2023

14. Co-ordinate **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.

15. **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.

16. **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.

17. **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.

18. **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.

19. **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.

20. 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.

21. 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.

22. Co-ordinator for Two-Day Capacity-Building Programme on Kayakalpa Techniques for Longevity- 10.07.2025 – 11.07.2025

23. Co-ordinator for Workshop on Soft Skill Development – Agna Meditation Initiation- 18.07.2025 – 21.07.2025

24.Co-ordinator for Two-Day Workshop on Soft Skill Development – Shanti Meditation Initiation- 24.07.2025 – 25.07.2025

Co-ordinator forTwo-Day Workshop on Soft Skill Development – Duriya Meditation Initiation- 18.12.2025 – 19.12.2025

Guest Lecture:

(Covid Period)

Vision for Wisdom, Center for Spiritual Education, Temple of Consciousness, Aliyar, Pollachi. Zoom Platform (Online)

1. Tap the Power of Subconscious Mind for Your Success-24.08.2020
2. Importance of Sadhana- 06.01.2021

3. Who Am I – 07.02.202
4. Sky Yoga for Mental Well Being – 05.09.2021
5. Acted as resource person for village spiritual programme
Introspection3rd stage, topic “**Karmayoga for spiritual growth**” at
Sangegoundenpalayam. Participants-30
6. Served as Special Judge for Tadiional Sub Junior Category Tamilnadu
Youth Yogasana Sports Association. Platform - Zoom (16. 10.
2021), Participants-50
7. Served as a resource person in NGM Academic forum & gave lecture
on “**Mental well-being at a workplace-a holistic view**”. Nearly 100
faculties participated and got benefitted by this programme.). Online,
Participants-101
8. Speaker in Online Yoga Therapy Lecture Marathon- “”,**Yoga &
Meditation for Enhanced Mood and Mental Well-Being** Manushi
Institute of Yoga, Chidhambarm Zoom Platform(16&17.06.2021)
Participants-120
9. Resource Person Off-line -AICTE Training and Learning Aca (ATAL)-
“**SKY Yoga for Stress Management**”. PG DEPT OF Chemistry.
NGM College. Microsoft teams (27.07.2021 30.07.2021) Participants –
100

10. Acted as Resource Person in M. Sc Yoga Students, Organised by Manushi Institute of Yoga, Chidambaram. (31.01.2022 to 01.02.2022).Participants-25,(Online)
11. Acted as resource person for two days skill development programme on SKY Yoga Healthy life at Nehru Arts and Science College, Coimbatore. (07.12.2021), offline.
12. Acted as resource person for various days skill development programme , introspection practices Kayakalpa practices, physical exercise and meditation and trained students and general public for **24 program** at WCSC, VISION aliyar and various SKY Trust in pollachi.**2022.**
13. **Acted as Jury** for 3rd Yogasana Sports Championship 2022- Ramakrishna Mission Vivekanavdha Education & Research Institute, Coimbatore Organized by TamilNadu Youth Yogasana Sports Association 11.12.2022
14. **Served as judge** for state level yoga competition Organized by TNYRSA, Chennai 17.12.2022&18.12.2022
15. **Acted as External Examiner**(online) for diploma and Yoga therapy students Organized by SS Yoga centre , Coimbatore 11.02.23

16. **Acted as a Judge** For Yoga Competition (Girls) Sport's Fest-
23 Organized by Physical Education Department, NGM
College (20.03.2023)
17. Acted as **Resource person** for NGM students in workshop "A small
step makes a big difference Organized by **Human Excellence
Department**, NGM College (11.04.2023)
18. Acted as **Resource person** for NGM students in workshop "A small
step makes a big difference Organized by **Human Excellence
Department**, NGM College (11.04.2023)
19. Acted as **Resource person** for NGM students in workshop
"Sky Yoga for stress management" Organized by **Department
UG Chemistry**, NGM College 28.04.2023
20. Acted as a resource person for Induction programme for first
year UG students on the topic "Kayakalpa Philosophy &
Practice". @ MCET College from 2.30 to 4.30 pm.(13.09.023)
21. Acted as resource person for various days skill development programme
, introspection practices Kayakalpa practices, physical exercise and
meditation and trained students and general public for **13 program at
WCSC, VISION aliyar and various SKY Trust in pollachi.2023.** offline.

22. Acted as resource person for various days skill development programme , introspection practices Kayakalpa practices, physical exercise and meditation and trained students and general public for **14 program** at WCSC, VISION aliyar and various SKY Trust in pollachi. **2024.**
23. Acted as resource person for skill development programme , introspection practices Kayakalpa practices, physical exercise and meditation and trained students and general public for **9 program** at WCSC, VISION aliyar and various SKY Trust in pollachi. **2025.**
24. Acted as resource person for skill development programme for foundation course, introspection practices, Brahmagnana courses, on the topics **“Individual peace & world peace,” “Maneuvering of six temperaments,” “Greatness of Women hood”, “Five Senses Meditation” Physical Exercise** and Meditation and trained students and general public for **10 programmes** at WCSC, VISION aliyar and various SKY Trust in pollachi. **2025.**

You tube links

https://youtu.be/w4z_ggspucc

<https://youtu.be/nhnvtlnzclc>

<https://youtu.be/dly6nzai7zk>

<https://youtu.be/i26mdlhoil4>

<https://www.youtube.com/playlist?List=plwcgqgcmvhurjvzms8b9borf0iilse-4d>

<https://youtu.be/OQ6MUckZs9U>

https://youtu.be/Zwi_mdm7wgu

<https://youtu.be/acalum7kf-A?Feature=shared>

<https://youtu.be/acalum7kf-A?Feature=shared>

https://youtu.be/xxtxqtsx2_c?Si=W9_p4flgav2_mibt

https://youtu.be/kmy0v0y7j7g?Si=eeifl06h_xghekse

https://youtu.be/kmy0v0y7j7g?Si=eeifl06h_xghekse

<https://youtu.be/yefpvhvnqsc>

<https://youtu.be/xazl-xikvc>

Associated Institutions

1. Associated as resource person for UG & PG students with “**Vethathiri Maharishi’s sky yoga, system**” since 2007 till date
2. Associated with “**Manushi Institute of yoga**” as a resource person since 2020 till date
3. Associated with “**Indian yoga association**” since 2022 till date and membership in Indian yoga association, ID No:IYA/2022/YP3528(YPM)
4. Associated with “**SS Yoga center Coimbatore**” as external examiner, since 2023 till date
5. Associated with “**Tamil Nadu youth Yogasana Sports Association**” as Judge & Trainer since 2022 till date

Awards & Recognition

1. “**Spiritual World Record**” event, authenticated by Limca as a world record. With

unwavering dedication, she immersed herself in Pancha Bootha Navagraha Meditation, The World Record Event was organized by World Community Service Centre, Temple of Consciousness, Aliyar, Pollachi, and Coimbatore District- 28.03.2021

2. participated and was a speaker of **longest Online Yoga Therapy Lecture Marathon** conducted by Manushi Institute of Yoga (online) continuously for 25 hours with 25 special guests from 25 countries with 50 Speakers on June 16th 2021 10am to 17th June 2021 10 am without any break.

3. Appointed as **Director, Cardiac Wing, ICRAPBN 23**, in 48th International Vegetarian Union, Jointly organized by International Vegan Alliance & Manushi Institute of Yoga, Chidambaram held at Brahma Kumaris Retreat Chennai.(Nov,20-23)

4.Nominated as **Technical official for 3rd sub junior Yogasana Sports Championship** 2022-2023 at Kendriya Vidyalaya School, Sowripalayam I, Coimbatore, Organised by TNYRSA 14TH, 17TH December 2022

5. Awarded with “**Best Yoga Teacher Award**” for performing 27 rounds of “**Suryanamaskar**” for **10th international day of yoga** conducted by SS yoga Center , Coimbatore.(30.06.2024)

7. Participated in Yoga Competition & **won the 1st Prize - Gold medal** in Sport's Fest-23 Organized by Physical Education Department, NGM College, (23.03.2023)

8. Awarded with “**Patanjali Yoga Award**”for the contribution in the field of yoga for 20+ years given by Manushi Institute of Yoga, Chidambaram on 04.01.2025.

9. Awarded with “**Best yoga teacher**” for the occasion 11th International day of yoga Moongambigai hall, Chennai, 22.6.2025

10. Indian Yoga Association’s recognition as “Yoga Chikitsaka” (Yoga Therapist) duly approved by Executive Council IYA upon the recommendation of SAAC- 17.06.2026

Declaration

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

[Dr.S.Jagadambal]

