



Dr. Mrs. S. Selvalakshmi.
Assistant Professor and HOD i/c
Department of Yoga,
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Academic Achievements

- ❖ Educatinal Qualification- **BPES, B.P.Ed M.P.Ed., M.Phil, Ph.D, M.Sc.,(Yoga) M.Sc.,(YT) (MSc Psy) PGDY ,PG Dip in ThirumantirammVazhviyalum**
- ❖ GOLD MEDALIST in M.P.Ed., course of study during the year 2000-2001
- ❖ GOLD MEDALIST in M.Phil, course of study during the year 2001-2002.
- ❖ Passed NET (UGC) in Physical Education Test for Lectureship Eligibility in Dec 2001 .

Work experience

- ❖ Working as an Assistant Professor in TNPESU, Dept of Yoga, from 8.10.2007 to till date.
- ❖ Holding Additional charge as HOD i/c from 2.7.18 to till date
- ❖ Worked as a lecturer at Y.M.C.A College of Phy Edu, Chennai-35 from Sep.2002 to July 2006
- ❖ Served as Deputy Warden in TNPESU.
- ❖ Served as sub warden in YMCA College .
- ❖ Served as NSS Co Ordinator of TNPESU

Guiding Experience

- ❖ Guiding Experience -Ph.D in Yoga 4 awarded, , 4 pursuing , Mphil Yoga (75), Phy Edu(14) , MSc in Yoga , MSc in Yoga and Naturopathy , MSc in Yoga Therapy ,M.P.Ed Totally more than (300).

Awards Received

- ❖ Awards -Yoga Moolar ,Yogacharini ,Yoga Sironmani ,Yoga Chemmal ,Yoga Samrat ,Yoga Ratna
EXCELLENCE IN TEACHING HIGHER EDUCATION, DISTINGUISHED RESEARCHER IN
YOGA,Sirandha Penmani , Golden Women,Yoga Jyothi

Sports Achievements

- ❖ Represented Tamil Nadu twice and Pondichery State in Hockey
- ❖ Represented University of Madras Hockey and Football team
- ❖ Represented Andhra Pradesh State Handball team in XIX South Zone Championship

Member in Professional Bodies

- ❖ LIFE MEMBER OF National Association of Physical Education and Sports Sciences (NAPESS)
- ❖ VICE-PRESIDENT OF Tamilnadu Women Yoga Association Chennai
- ❖ CHAIRMAN-TECHNICAL COMMITTEE OF Tamilnadu Young Olympian Association Chennai
- ❖ BOARD MEMBER of International Journal Of Recent Research And Applied Studies
- ❖ BOARD MEMBER of Journal of Yoga Physical Education And Traditional Medicines
- ❖ Member in Board of Studies for various Universities and colleges
- ❖ Subject expert in Doctoral Committee for various scholars in Physical education and Yoga Dept.
- ❖ Inspection commission member of TNPESU for approving distance education study centers.

Organising Experience

- ❖ Served as Co-Ordinator for TNPESU Rolling Trophy and Intercollegiate Kho-Kho tournaments
- ❖ Served as Co-Ordinator for many National and international conferences ,seminars and workshops in Yoga
- ❖ Served as ChairPerson in National and international conferences, seminars.
- ❖ Served as coordinator for 5 International Day of Yoga celebration from 2015-19.
- ❖ Served as organizing secretary for One National workshop with 450 participants.

Research Experience

- ❖ Published books -3 book chapter -1 with ISBN
- ❖ Articles published in international and National journals more than 35.
- ❖ Papers published in National and International conferences and seminars proceedings – 10
- ❖ Research papers presented in National and international conferences and seminars –20
- ❖ National and international workshops attended – 30
- ❖ Written lesson materials for various DDE courses of study in TNPESU.

Invited talks

- ❖ Had given invited lectures in various institutions on Yoga related topics
- ❖ Had given speech in **DD Podhigai TV** on the topic '**MAGALIR YOGA**'.
- ❖ Had given speech in **Channel 24 Youtube channel** on **YOGA**

Question paper setter and Examiner

- ❖ Question paper setter for various Universities and colleges.
- ❖ External Examiner for both theory and practical examinations at various Universities and colleges.
- ❖ PhD Adjudicator and Examiner for various Universities