

PROFILE

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Academic Qualifications

Sl. No	Course	Subject	Institution	Percentage of Marks	Class
1	B.Sc	Physical Education	The M.D.T Hindu College, Tirunelveli	69%	First
2	M.P.E.S	Physical Education	Pondicherry University	7.12%	First
3	M.Phil	Physical Education	Pondicherry University	8.6 %	First
4	PG Dip. in Yoga	Yoga	Annamalai University	66%	First
5	M.Sc	Yoga	Manonmanium Sundaranar University Tirunelveli	72%	
6	M.Sc	Yoga therapy	Tamilnadu physical education & sports university	76%	
7	M.Sc	Psychology	Tamilnadu Open University	Pursuing	
8	Ph.D	Physical Education (Specialization Yoga – (Effect of yogic training and brisk walking on selected physiological and biochemical variables among Type II diabetic patients))	Manonmanium Sundaranar University Tirunelveli	Awarded on October 2011	

1. Passed **U.G.C. Test** for Lectureship Eligibility Test (NET) , conducted by University Grants Commission, New Delhi. 2005.
2. Working as assistant professor in Department of Yoga, Tamilnadu physical education and Sports University **SINCE OCT 2007.**
5. University 3rd rank holder in B.Sc Physical education degree in Manonmanium Sundranar University, Tirunelveli.

6. Served as a **co-coordinator** on **National conference on “Yoga : Caring, Sharing & Empowering”** organized by Dept of Yoga, TNPESU, on 20th & 21st December, 2010.

7. Served as a **Joint Secretary** on **International conference on better life better world through yoga with allied sports sciences”** organized by Dept of Yoga, TNPESU & NAPESU, 16 to 18 February 2012.ISSN 2229-7049..

Served as a Organizing Secretary of 2 national level workshop, 6 webinars, one FDP (5 days) and One International webinar (9 days) .

8. Served as a **Co-coordinator** of **Refresher course on Yoga for Chennai Corporation School Teachers** organized by Tamil Nadu Physical Education and Sports University (May 16th and 17th 2008)

9.Article Publication of ISSN & ISBN International Journal - 11 Articles (SCOPUS & INDEXED & UGC Listed)
(Google – Pubmed and West indies medical journal)

10. Article Publication of ISSN & ISBN National Journal (Including proceedings) - 48 Articles

11. Paper presented in international and national conference – 35

Act as a **External Examiner, Question paper setter and resource person** in Annamali University, Madras University, Manonmanium Sundaranar Univesity, Bharthidasan University and Pondicherry university.

12. Ph.d scholars awarded – 8 .submitted – 2. - M.Phil scholars – 80. – MSc Scholars – 480.

13. Personal Achievement

Taken the personal yoga classes to **Dr. Rosiah (Excellency of Tamilnadu)** and various IAS officers & Ministers.