

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai-127

STAFF PROFILE

- 1. Name :V.ABARNAA**
- 2. Designation : GUEST LECTURER**
- 3. Department : YOGA**



4. Academic Qualification:

UG	B.Sc (Chemistry)
PG	M.Sc(Yoga for Human Excellence)
M.Phil.	-
Ph.D.	-
SLET/NET	Cleared NET
Other Degrees or Diplomas, if any	P.G.Diploma(Yoga Therapy)

5. Area of Specialization: Traditional yoga, SKY yoga

6. Experience in Years

i. Teaching Experience:

UG Level	5 months
PG Level	5 months

- ii. **Industrial / Other Experience** : (2years5months) Worked in **Fiitjee Global Schools Yoga Teacher** from **October 18, 2021 to March 31, 2024**

7. Research Supervision/Guidance:

Program of study		Completed	On going
Research	Ph.D.		
	M.Phil.		
PG Project Work		Yes	

8. Distinctive Awards & Achievements: YCB Level-3 qualified

9. Contact Information:

DOB : 18/01/1998

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