

RESUME

1. Name : Dr.S.Akilandeswari

2. Designation : Assistant Director

3. Department : Physical Education

4. Academic Qualification:

Degree	Specialization	%	Class	Name of the Institution	University	Month & Year of Passing
PhD	Sports Training	-	-	-	Karpagam University	2013
NET	Physical Education	-	-	-	University Grants Commission	2017
M.Phil	Physical Education	70 %	First	-	Vinayaka Missions University	2009
M.PEd	Physical Education	79%	First	-	Bharathiar University	2008
MBA	Sports Management	73%	First	-	Tamilnadu Physical Education & Sports University	2017
MSc	Yoga	78%	First	-	Tamilnadu Physical Education & Sports University	2021
B.P.Ed	Physical Education	68%	First	Sri Saradha College of Physical Education	Periyar University	2004
BSc	Physical Education	74%	First	Avinashilingam Institute for Home Science & Higher Education for Women	-	2003
12 th Std	Physics, Chemistry & Biology	67%	First	St.Thomas Hr.Sec. School	-	2000
10 th Std	-	75%	First	St.Thomas Hr.Sec. School	-	1998

5. Professional / Teaching / Research Experience:

Sl. No.	Name of the Post	Name of the Employer / Institution	Period of Employment			
			From Date	To Date	Years	Months
1.	Assistant Director of Physical Education	University VOC College of Engineering	01.12.2025	Till date	-	6.5
2.	Assistant Professor	Avinashilingam Institute for Home Science & Higher Education for Women	07.08.2015	28.11.2025	9	10
3.	Physical Education Teacher	Avila Convent Matric Hr.Sec.School	02.06.2012	31.05.2015	3	-
4.	Physical Director	Dr.SNS Rajalakshmi College of Arts & Science	18.06.2008	18.06.2009	1	-
5.	Physical Education Teacher	M.G.M. Matric. Hr.Sec.School	01.06.2004	16.04.2005	1	-

6. Membership of Professional Bodies:

Life time member of International Federation of Physical Education, Fitness and Sports Science Associations from the year 2019

7. Publications : Annexure I**8. Other information / Academic Achievement: Annexure II**

ANNEXURE – I

Publications

PUBLICATIONS

NUMBER OF PUBLICATIONS			
Refereed Journals	11		
UGC listed Journals	02		
Chapters in Books	04	Books (With ISBN)	02
Edited Book			01
Conference proceedings full paper only			10
Newspaper			02

Title	Year of Publication	Publisher	ISBN No.
BOOK			
Yogic Path to Enlighten life	2018	Inders Publications	ISBN 13 978 – 93 – 80716 – 13 – 8
Curriculum Design in Physical Education	2021	Sport Publication	ISBN 978 – 93 – 90016 – 95 – 2
EDITED BOOK			
Sweat and Success: The Art of Gym Management	2025	IOR International Press	9789393518262
BOOK CHAPTER			
Internationalization of Higher Education	2017	National Publisher	978-93-86638-06-9
Revolutionizing Yoga through Artificial Intelligence	2022	Forschung Publications	E – ISBN 978-93-91772-24-6
Realize – Health Education	2022	Forschung Publications	E – ISBN 978-93-91772-24-6
Study on Impact of Yoga Practices on Muscular Endurance among Women University Students	2024	Coimbatore Institute of Technology	978 – 93 – 6126 – 676 - 8

NEWSPAPER PUBLICATION:

- An article on “**ArockiyamanaValkai Nam Kaiyil**” published in “**Dinamalar**” on 30th June 2019
- An article on “**Yogavum Udartkalviyum Inaindhale Arockiyam**” published in “The Covai Post” on 6th October 2019

UGC CARE JOURNAL

Title of paper/ Name of the book published	Journal Published	Date
Influence of Yogic Intervention on Children with Autism Spectrum Disorder	International Journal of Multidisciplinary Educational Research - ISSN: 2277-7881 Vol 8, Issue 9(7), September 2019. Impact Factor: 6.014, Value 5.16, ISI Value 2.286	September 2019
Challenges of Raising A child with Autism and Epilepsy: Stress and Coping Mechanisms Among Parents	Journal of the Indian Academy of Applied Psychology – ISSN:0019 4247 Vol 51, Issue – 2, July 2025.	July 2025

INTERNATIONAL ONLINE JOURNALS

Title of paper/ Name of the book published	Journal Published	Date
Effect of Plyometric training with Dynamic stretching programme on Upper body strength & lower body strength of female volleyball players.	International Journal of Innovative Research and Development, ISSN – 2278 – 0211, Vol – 1, Issue 3	June 2012
Effect of Plyometric training with Dynamic stretching programme on Muscular strength endurance & flexibility of female volleyball players.	Journal of International Academic Research for Multidisciplinary, Impact factor – 2.417, ISSN 2320-5083, Vol-3, Issue -9.	October 2015
Effect of Plyometric training with Dynamic stretching programme on explosive power & agility of female volleyball players.	International Journal of Multidisciplinary Research & Development, Impact factor – 5.72, ISSN(Online) – 2349-4182, Vol-3, Issue 2	March 2016
Upshot of Yogasana and relaxation technique surrounded by female varsity teacher learning students	International Journal of Yoga, Physiotherapy and Physical Education, Impact factor – 5.24, ISSN – 2456 – 5067, Vol – 2, Issue – 2, Pg No: 5-6	March – April 2017
Effect of Pranayama and Ayurvedic Supplements in Cardio Vascular performance	International Journal of Multidisciplinary Research and Development, Impact factor – 5.72, 2349 4182, ISSN – 2349 5979, Vol – 4, Issue – 7, Pg No: 383 – 384	July 2017

Identifying and evaluating perspectives among adult gym members on dietary supplements	Asian Journal of Multi Dimensional Research - ISSN: 2278-4853 Vol 7, Issue 2, February 2018. Spl-1 Impact Factor: SJIF =4.708	February 2018
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INTERCONTINENTAL JOURNAL

Name of the Paper presented	Journal Published	Date
A survey study of Sports facilities among government and Private schools in Coimbatore district	Intercontinental Journal of Marketing ResearchReview, Impact factor – 4.311, ISSN – 2321- 0346 – Online; ISSN – 2347-1670 – Print,Volume – 5, Issue – 5	February 2017
Identifying and evaluating perspectives among adult gym members on dietary supplements	Asian Journal of Multi Dimensional Research -ISSN: 2278-4853 Vol 7, Issue 2, February 2018. Spl-1 Impact Factor: SJIF =4.708	February 2018
Exploring the Use of Rhythmic Exercise Based Dance Therapy to Enhance Fundamental Movement and Social Skills among Children with Autism – A Feasibility Study	International Journal of Health, Physical Education & Computer Science in Sports, ISSN: 2231 – 3265, Impact Factor 7.217, Volume 55, Issue 3, October 2024.	October 2024

NATIONAL JOURNALS:

Title of paper/ Name of thebook published	Journal Published	Date
Effect of Plyometric training with Dynamic stretching programme on Counter movement jump and Spiking ability of female volleyball players.	Bharathiar National Journal of Physical Exercise and Exercise Sciences(BNJPEES) ISSN – 0976 - 3678,Vol – 3, Issue 2,	December 2011
Power of Nada Yoga	A Journal of Avinashilingam Institute for Home Science and Higher Education for Women ISSN – 2231 - 2374	April 2020

CONFERENCE:

INTERNATIONAL CONFERENCE

Name of the Paper presented	Organizer & sponsoring Agency	Venue &Date
A survey study of Sports facilities among government and Private schools in Coimbatore district	International Conference on Development policy -Leveraging InvestmentInfrastructure and Intellectual Capital for Economic development –Avinashilingam Institute for Home Science and Higher Education for Women	15 – 16 December 2016
A survey study on psychological impact of injury,rehabilitation and Recovery in the management of sports injuries	International Conference on Focus on Mindfulness:Glimpses of Neuro Science Education – 2017 – Alagappa University	7 th – 8 th December 2017

Pandaiyakaalam matrum Naagariga Pengalin Udalum Arockiyamum	International Conference on Aspects of Prosperous Life in Folklore - Avinashilingam Institute for Home Science and Higher Education for Women	13 – 14 th December 2017
Identifying and evaluating perspectives among adult gym members on dietary supplements	International Conference on Bridging Innovations in Sports, Education and Nutrition - Avinashilingam Institute for Home Science and Higher Education for Women	8 th & 9 th February 2018
Influence on Yogic Intervention on Cognitive Ability during COVID 19 Period	MultiDisciplinary E Conference on Impact of COVID 19 on Bussiness, Humanity and Society - S.P.DM Arts, S.B.B & S.H.D.Commerce and S.M.A Science College.	1 st January 2021
Impact of Linga Mudra to Prevent COVID 19	Two Day International Conference on Synthesis of Traditional Yoga and Modern Science: Solution for the Current Pandemic - SRMV Maruthi College of Physical Education	20 th – 21 st June 2021
A Short Review on the Effects of Dairy Products on Person with ASD	Indian Dairying – Sustainability and Nutritional Security - Avinashilingam Institute, Coimbatore	14th Oct 2022
Reasons and Challenges of Gender Discrimination in Indian Sports	Sports as an Institution Perpetuating Sexism and Bias- Bharathiar University, Coimbatore	14th & 15th Dec 2022
Physical Education – A Primary Tool for Holistic Learning	Holistic Outcome Based and Multicultural Education (HOME – 2023) - Alagappa University, Karaikudi	30 th & 31 st Jan, 2023
Ball Exercise with Unified Yoga on Fine Motor Skills for Children with Autism	Good Health & Wellbeing Through Physical Education & Sports-Lovely Professional University	30 th Sep 2023
Determine the effect of laughter yoga with dance fitness on motor skills and parental stress of children with autism	International Seminar on Yogic Sciences in Sports - Avinashilingam Institute, Coimbatore	27 th Sep 2024
Adapted Yoga as an Element for Physical Wellness in Children with Autism	International Conference on Sports Sciences: Trends, Challenges and Innovations - Avinashilingam Institute, Coimbatore	10 th – 11 th Feb 2025

POSTER PRESENTATION

Name of the Poster presented	Organizer & sponsoring Agency	Venue & Date
Yoga as an Alternative and Complementary Therapy for Wheezing Child with Intellectual Disability – A Case Study	GAPEY, Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore	28 th – 29 th February 2024

WORLD CONFERENCE

Name of the Paper presented	Organizer & sponsoring Agency	Venue & Date
Impact of Yogic Exercises among Student Teachers.	Yoga World Festival, World Yoga Conference, Indo China Yoga Festival and Yoga World Championship – Mahabalipuram, Tamil Nadu Tourism Resort, Chennai	22 nd – 26 th August 2018

NATIONAL CONFERENCE

Name of the Paper presented	Organizer & sponsoring Agency	ISBN No	Venue & Date
Leading Women Sports Administrators – A Survey study	National Conference on training , nutrition and analeptic regimen on corporeal property and high performance in sports - Bharathiar University	-	31 st March 2016
Comparative Study on Current Scenario of Present Education System among Rural and Urban area in Coimbatore district	National Conference on Internationalization on Higher Education – Avinashilingam Institute for Home Science and Higher Education for Women	978 – 93 – 86638 – 06-9	21 July 2017
Challenges and Practices in Teaching – Learning process of Physical Education teachers	Two days National Conference on Teaching in Technological Era	978 – 93 – 86638 – 12 – 0	9 th & 10 th August 2017
Effect of Technology based Plyometric and Resistance training on Motor Fitness components among Tirunelveli District Men Students	Two days National Conference on Teaching in Technological Era	978 – 93 – 86638 – 12 – 0	9 th & 10 th August 2017
Impact of Trataka practice on Computer Vision Syndrome among IT Professionals	National Conference on Yoga for World Peace	978 – 81 – 923573 – 6 - 2	26 th & 27 th February 2018
Influence of Yogic Intervention on Children with Autism Spectrum Disorder	UGC sponsored National Conference on Special Needs and Learning Support in Inclusive Education	2277-7881	18 th & 19 th March 2019
Application of Integrated Yoga Therapy to Increase Social Skills and Sitting Tolerance in Children with Autism Spectrum Disorder	National Conference on Yoga is Equanimity – Samatvam Yoga Uchyate - GAPEY, Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore	-	25 th – 26 th June 2024

PROCEEDINGS

CONFERENCE

Name of the Paper presented	Organizer & sponsoring Agency	ISBN No	Venue &Date
Harmonizing Well-being the Transformative Power of Nada Yoga for Women Employees	National Conference on Emerging Trends in Sports Science for Enhancing Sports Performances (<i>Pg. No. 301-305</i>)	978-81-984557-1-0	Ramakrishna Mission Vidyalaya, Coimbatore 5 st Feb,2025
Empowering Children with Autism: Structured Physical Activities for Motor Proficiency	International Multidisciplinary Conference Tech-Biz Synergy 2K25 – Redefining Global Trends (<i>Pg. No. 488-492</i>)	978-81-973684-0-0	Nesamony Memorial Christian College, Marthandam. 20 th & 21 st Jan,2025
Sun Salutation as an Intervention Strategy to Enhance Physical Fitness in Children with Autism	National Seminar on Latest Advancements in Physical Education and Sports Sciences and their Implications (<i>Pg. No. 420-424</i>)	978-81-923573-9-3	Ramakrishna Mission Vidyalaya, Coimbatore 24 th & 25 st Mar,2023
Physical Education – A Primary Tool for Holistic Learning	International Conference on Holistic Outcome Based and Multicultural Education (<i>Pg. No. 537-539</i>)	978-93-5780-644-2	Alagappa University, Karaikudi 30 th & 31 st Jan,2023
Impact of Linga Mudra to Prevent COVID 19	Two Day International Conference on Synthesis of Traditional Yoga and Modern Science: Solution for the Current Pandemic	ISBN 978 – 81 – 923 – 573 – 8 – 6 Pg No: 36	Maruthi College – 21 st June 2021
Analysis of Entrepreneurship in the field of Physical Education	International Conference on “New Gen Entrepreneur – Traveltowards Digital Revolution”	978-91-941015-6-7	12.09.2019 organized by School of Commerce
Impact of Laughter Yoga on General Health among Student Teachers	National Conference on “Science inSports”	-	21 st – 22 nd February 2020 organized Avinashilingam Institute for Home Science and Higher Education for Women
Influence on Yogic Intervention on Cognitive Ability during COVID 19 Period	MultiDisciplinary E Conference on Impact of COVID 19 on Bussiness, Humanity and Society	-	S.P.DM Arts, &S.H.D.Commerce S.M.A Science College.

Impact of Linga Mudra to Prevent COVID 19	Two Day International Conference on Synthesis of Traditional Yoga and Modern Science: Solution for the Current Pandemic	978-81-923573-8-6	SRMV Maruthi College of Physical Education 20 th – 21 st June 2021
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SEMINAR

NATIONAL SEMINAR

Name of the Paper presented	Organizer & sponsoring Agency	ISBN No	Venue & Date
Eating disorders in Female Athletes	National Seminar on Road Map to 2020 Olympics	978-81-923573-4-8, Pg No: 112	Maruthi College for Physical Education, 23 rd and 24 th February 2017
Prevalence of Obesity and Risk factors in Physically Disabled persons	Two day National Seminar on the “Edu Tech Jamboree”	978-93-86638-69-4 Page No: 89-91	Avinashilingam Institute for Home Science and Higher Education for Women, 17 th & 18 th February 2018.
A Sway of Modified Yogic exercises and Pranayama on Health related Fitness among Old Ages people.	National Seminar on Role of Yoga for Health and Life style Management	978-81-923573-6-2 Page No: 90 – 93	Maruthi College for Physical Education, 1 st and 2 nd March 2019
Importance of E Sports among Youth Folks in Coimbatore District	National Seminar on Latest Advancements in Physical Education and Sports Sciences and their Implications	978 – 81 – 923573-9-3	24 th – 25 March 2023
Parental Stress among Generation – Z Children with Epileptic Autism Based on their age and sex of single parent – a status study	National Seminar on Exploring Tools and Technologies for Gen Z Teachers - Avinashilingam Institute, Coimbatore	-	4 th – 5 th Jan 2024

INTERNATIONAL SEMINAR

Name of the Paper presented	Organizer & sponsoring Agency	ISBN No	Venue &Date
Revolutionizing Yoga through Artificial Intelligence	One Day International Seminar on Education Trends in a Post – Pandemic Future in the fields of Engineering, Science, Arts, Humanities, Commerce, Economics, Social Sciences, Law and Management – Challenges and Opportunities, Global Multidisciplinary Research and Academic Foundation (GMRAF), Chennai.	-	Hotel Nahar, Ooty& 26.03.2022
Realize – Health Education	One Day International Seminar on Education Trends in a Post – Pandemic Future in the fields of Engineering, Science, Arts, Humanities, Commerce, Economics, Social Sciences, Law and Management – Challenges and Opportunities, Global Multidisciplinary Research and Academic Foundation (GMRAF), Chennai.	-	Hotel Nahar, Ooty& 26.03.2022

CONGRESS

Name of the Paper presented	Organizer & sponsoring Agency	Venue &Date
Comparative Analysis of plyometric training program and Dynamic stretching program on physical, physiological and skill performance variables among volleyball players.	2 nd Annual Research Congress	Karpagam University & 8 th – 11 th December2010
Effect of plyometric training program and Dynamic stretching program on physical, physiological and skill performance variables among female collegiate volleyball players.	3 rd Annual Research Congress	Karpagam University & 9 th – 10 th December2011
Tremendous Changes in Fine Motor Skills for Autistic Children through Unified Ball Exercise with Sun Salutation	World Congress on Multi-Disciplinary Cohesion for Positive Health and Well being	Manipal Academy of Higher education, Manipal. 14 th to 16 th December 2023

ANNEXURE – II
**Other Information and Academic
Achievement**

OTHER INFORMATION / ACADEMIC ACHIEVEMENT

RESEARCH PROJECT COMPLETED

S.No	Title of Research Project	Funding Agency	Period	Amount (In Lakh)
1.	Impact of physical activity and yogic exercises among student teachers	UGC Grant fund	4 months	0 .25 Lakhs
2.	Promotion of Mental Health and Well being among University Students and Teachers through Cultural and Traditional Games	Research and Development – Avinashilingam Institute for Home Science and Higher Education for Women	1 Year	1 Lakh

(a) ACADEMIC AWARDS AND DISTINCTIONS:

- Received **Shresta Acharya Award** from Lisieux Matriculation Higher Secondary School
- Received **Young Faculty Excellence Award** from Global Multidisciplinary Research and Academic Foundation (GMRAF), Chennai on 26.03.2022
- Performed Bujapedhasan in the **World attempt** held at Elliots Beach, Chennai to support and educate orphaned war victims on 26th August 2018.
- **Best Coach Award** - 2nd State level Ayya Memorial Trophy – 2018
- First Prize in **Poster Competition** on International Yoga Day Celebration – 2018
- **Best Outgoing Student Award** in B.P.Ed at **Sri Sarada College of Physical Education**– 2004

ADDITIONAL QUALIFICATION:-

- Completed **SWAYAM – MOOC online course** on **E- Assessment** in August 2021.
- Completed the **certificate course** in **Yoga and Youth Empowerment** in 2018.
- Completed **Diploma in Computer Application** (Ms Office, Excel , Power point) at IBM
- Passed **Tamil Nadu State Level Officiating Examinations** in:-
 - Kho-Kho
 - Athletics
 - Handball
 - Kabaddi
 - Yoga

INVITED LECTURE / RESOURCE PERSON

S.No	Title of the Invited Lecture/Paper presented	Date	Title of Conference/ Seminar etc.	Organised by
1.	Yoga and Meditation	08.03.2017	Lecture on Yoga and Meditation	Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women
2.	Time Management	29.04.2017	Ten Day Multi Sport Summer Camp	Avinashilingam Institute for Home Science and Higher Education for Women
3.	Yoga Training and Sports events	09.01.2018	NSS Special Camp	Avinashilingam Institute for Home Science and Higher Education for Women Units 12, TVS Nagar
4.	Yoga Training and Sports events	15.01.2018	NSS Special Camp	Avinashilingam Institute for Home Science and Higher Education for Women Unit 1 Therkkupalayam
5.	Current Trends in Sports and Games	20.01.2018	Refreshers course for CBSE School Physical Education teachers	Chinmaya International School
6.	Yoga Training and Sports events	18.02.2018	NSS Special Camp	Avinashilingam Institute for Home Science and Higher Education for Women Units 4 & 5, Kalappanaickenpalayam
7.	Aerobics for Fitness	11.09.2018	Leadership Camp	Avinashilingam Institute for Home Science and Higher Education for Women
8.	Yoga and Meditation	02.01.2019	Lecture on Yoga and Meditation	Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women
9.	Motivational speech	16.05.2019	Motivational speech	SDAT – WBTSS
10.	Yoga and Meditation	04.01.2020	Lecture on Yoga and Meditation	Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women
11.	Change Your Life Style in COVID 19	22.06.2020	Student Webinar	Idhaya Engineering College for Women
12.	Khelo India Fitness Assessment (KIFA) for Schools	27.07.2020 – 31.07.2020	Student Webinar	Department of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women

13.	Yoga and Naturopathy	20.02.2021	Webinar	MarudharKesari Jain College for Women.
14.	Role of Teachers in promoting equal opportunity for men and women in Sports and ensuring quality Education and Coaching	08.03.2022	Guest lecture on Women's Day	Sri Ramakrishna Mission Vivekanada Educational and Research Institute
15.	Yoga and Meditation	24.03.2022	Lecture on Yoga and Meditation	Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women
16.	Motivational Speech	01.04.2023	Refreshment Training – Training to Revenue Officials in Collectors Office	Coimbatore District Revenue Unit
17.	Personality Development, Stress Management, Health & Yoga	16.06.2023	Guest Lecture on Health and Yoga	Tamilnadu Survey and Land Records Department, Karpagam University
18.	A Sound Mind in a Sound Body	14.08.2024	Bridge Course for I B.Ed Special Education Teacher Trainees	Faculty of Disability Management and Special Education, Sri Ramakrishna Mission Vivekanada Educational and Research Institute
19.	Integrating Yoga into Teaching	24.03.2025	Simple Practices for a Holistic Classroom	Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women
20.	Sports Management	04.06.2025	UGC NET Coaching	Maruthi College of Physical Education
21.	Sports Management	19.06.2025	UGC NET Coaching	Sri Ramakrishna Mission Vivekanada Educational and Research Institute

ACADEMIC / WORK ACHIEVEMENTS:

- ❖ Acted as a Selection Committee member for the Bharathiar Men Ball Badminton team held at Dr.SNS Rajalakshmi College of Arts and Science college in the year 2008-2009
- ❖ Acted as a Bharathiar University Basketball women Team Manager for South Zone Inter University Tournamaent held at SantGadge Baba Amravathi University (Mumbai) in the year 2008-2009
- ❖ Designated as NSS Program Officer in Dr.SNSRajalakshmi College of Arts and Science college in the year 2008-2009
- ❖ Served as a Avinashilingam Institute for Home Science and Higher Education for Women Team Manager for Tamil Nadu Inter Deemed University Badminton Tournament at Chettinad Academy of Research and Education, Chennai in the year 2015 – 2016.
- ❖ Served as a Avinashilingam Institute for Home Science and Higher Education for Women Coach for Tamil Nadu Inter Deemed University Kabaddi Tournament at Karpagam Academy of Higher Education in the year 2015 – 2016.
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Volleyball team held in the year 2015-2016
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Kabaddi team held in the year 2015-2016
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Volleyball team held in the year 2016-2017
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Kabaddi team held in the year 2016-2017
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Volleyball team held in the year 2017-2018
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Kabaddi team held in the year 2017-2018
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Volleyball team held in the year 2018-2019
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Kabaddi team held in the year 2018-2019
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Volleyball team held in the year 2019-2020
- ❖ Acted as a Selection Committee member for the Avinashilingam Institute for Home Science and Higher Education for Women Kabaddi team held in the year 2019-2020

EVENTS ORGANIZED:

- ❖ Conducted Bharathiar University Inter collegiate Ball Badminton tournament for Boys on Dr.SNS Rajalakshmi College of Arts and Science college in the year 2008-2009
- ❖ Organized and conducted **Zonal level sports and games** in the **West zone** in the year (2014 – 2015).
- ❖ Organized Multi – Sport Summer Camp for 14 days from 25.04.2016 – 8.05.2016 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized Workshop on First Aid and Fire Safety on 7.03.2017 and 8.03.2017 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized State level Four Day Workshop on Recent trends cum Officiating Exam in Athletics and Handball on 21.02.2017 – 24 02.2017 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized Multi – Sport Summer Camp for 10 days from 27.04.2017 – 6.05.2017 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized One Day National Seminar on Internationalization of Higher Education on 21.07.2017 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized Two days Workshop on Current trends cum Officiating Exam in KhoKho from 5.10.2017 – 6.10.2017 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized Seven days Leadership Training Camp from 30.10.2017 – 5.11.2017 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized Two day Seminar on EDU TECH JAMBOREE on 17.01.2018 – 18.01.2018 in Avinashilingam Institute for Home Science and Higher Education for Women.
- ❖ Organized UGC sponsored International Conference on Bridging Innovations in Sports, Education and Nutrition on 8.02.2018 – 9.02.2018 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized UGC sponsored Post Conference Workshop on Universal Design for Inclusion on 10.02.2018 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized State level Five day Workshop on Orientation towards Newly Introduced Games in SGFI from 17th – 21st December 2018 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized State level Inter University Athletic Meet for Men and Women on 6.12.2019 – 7.12.2019 which is jointly organized by Avinashilingam Institute for Home Science and Higher Education for Women and Sports Development Authority of Tamilnadu.

- ❖ Organized Two day workshop on Chess and Gymnastics from 9.12.2019 to 10.12.2019 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized Two day workshop on First Aid and Safety Education from 16.12.2019 to 17.12.2019 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized Workshop on Ayurvedic approaches to enhance Sports Performance and Injury Management from 18.12.2019 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Organized National Conference on Science in Sports from 21.02.2020 to 22.02.2020 in Avinashilingam Institute for Home Science and Higher Education for Women.
- ❖ Organized Workshop on Kalari Payattu 20.12.2022 in Avinashilingam Institute for Home Science and Higher Education for Women.
- ❖ Organized State Level Workshop on First Aid and Fire Safety from 13.02.2024 to 14.02.2024 in Avinashilingam Institute for Home Science and Higher Education for Women.
- ❖ Organized International Seminar on Yogic Sciences in Sports on 27.09.2024 in Avinashilingam Institute for Home Science and Higher Education for Women.
- ❖ Organized Two Day State Level Workshop on Artificial Intelligence in Sports from 07.11.2024 to 07.11.2024 in Avinashilingam Institute for Home Science and Higher Education for Women.
- ❖ Organized International Conference on Sports Sciences: Trends, Challenges and Innovations from 10.02.2025 to 11.02.2025 Avinashilingam Institute for Home Science and Higher Education for Women.

SEMINARS, WORKSHOPS AND CONFERENCE ATTENDED:

- ❖ Participated in Young Researcher Course for six days in Karpagam University from 16.05.2011 – 21.05.2011
- ❖ Participated in Inter collegiate Workshop on Divergent Thinking and Problem Solving for Teacher Resource Development from 5.03.2014 – 5.03.2014 in Periyar University.
- ❖ Participated in Seminar on Countering Gender Violence held on 18.09.2007 Bharathiar University.
- ❖ Participated One day Workshop on Recent changes in Rules and Regulations and Training methods for Track and Field Events on 19.09.2015 at PSGR Krishnammal Higher Secondary School.
- ❖ Participated Seven day Training Workshop on “ E – Content Development and Digital Lesson Plan Writing from 5.02.2016 – 11.02.2016 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Attended Faculty Development Programme on Joy of Teaching on 4.08.2016 held at Anaadi Foundation.

- ❖ Participated International Yoga Workshop for Reversing Life style Disorders on 10.09.2016 – 11.09.2017 at Vivekananda Cultural Centre.
- ❖ Participated in Post Conference Workshop on Universal Design for Inclusion on 10.02.2018 in Avinashilingam Institute for Home Science and Higher Education for Women
- ❖ Participated in State level Workshop on Traditional Sports, Games and Physical Cultures from 25th – 26th September 2018 at Ramakrishna Mission Vivekananda Educational Research Institute.
- ❖ Participated Sports medicine workshop on Sports Injury Management and Injury Prevention Strategies on 19.01.2019 at Nehru Stadium organized by Ortho one Hospitals, Coimbatore.
- ❖ Attended Five Day Faculty Development Programme on “Rural Immersion and Community Engagement in Improving Rural Education” held at Bharathiar University from 9.08.2019 – 13.08.2019 organized by Mahatma Gandhi National Council of Rural Education, Hyderabad in collaboration with Bharathiar University
- ❖ Participated and presented a paper on “Analysis of Entrepreneurship in the field of Physical Education” in the International Conference on “NewGen Entrepreneur – Travel towards Digital Revolution” held on 12.09.2019 organized by School of Commerce.
- ❖ Participated and presented a paper on “Impact of Laughter Yoga on General Health among Student Teachers” in the National Conference on “Science in Sports” held on 21st – 22nd February 2020 organized by Avinashilingam Institute for Home Science and Higher Education for Women.
- ❖ Participated and presented a paper on “Influence on Yogic Intervention on Cognitive Ability during COVID 19 Period” held on 1st January 2021 in MultiDisciplinary E Conference on Impact of COVID 19 on Bussiness, Humanity and Society organized by S.P.DM Arts, S.B.B &S.H.D.Commerce and S.M.A Science College.
- ❖ Participated and presented a paper on “Impact of Linga Mudra to Prevent COVID 19” held on 20th – 21st June 2021 in Two Day International Conference on Synthesis of Traditional Yoga and Modern Science: Solution for the Current Pandemic organized by SRMV Maruthi College of Physical Education
- ❖ 12 Days National workshop on Enriching Capacity Building Initiatives for Social Science Teachers in Higher Education organized by the Department of Physical Educaiton, University of Mumbai in Collaboration with Indian Council of Social Science Research, Mumbai from 14th – 28th March 2022.
- ❖ Participated in the Workshop on “Quality Research andUGC-CARE Journals” organized by Directorate of Research and Development and Internal Quality Assurance Cell, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 17.05.2022.

- ❖ Participated in One Day International Seminar on Education Trends in a Post – Pandemic Future in the fields of Engineering, Science, Arts, Humanities, Commerce, Economics, Social Sciences, Law and Management – Challenges and Opportunities organized by Global Multidisciplinary Research and Academic Foundation (GMRAF), Chennai at Hotel Nahar, Ooty on 26.03.2022
- ❖ Participated in National Conference on Modern Trends of Yoga for Health and Sports on Performance 12.08.2022
- ❖ Participated in International Conference on Indian Dairying-Sustainability and Nutritional Security held on 14.10.2022 organized by the Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.
- ❖ Participated in International Seminar on Sports as an Institution Perpetuating Sexism and Bias from 14.12.2022 to 15.12.2022 organized by the Department of Physical Education, Bharathiar University.
- ❖ Participated in International Conference on Holistic Outcome based and Multicultural Education from 30.01.2023 to 31.01.2023 organized by the Department of Education, Alagappa University.
- ❖ Participated in National Seminar on Latest Advancements in Physical Education and Sports Sciences and their Implications from 24.03.2023 to 25.03.2023 organized by SRMV Maruthi College of Physical Education
- ❖ Participated in International Conference on Good Health and Well being through Physical Education and Sports on 30.09.2023 organized by Lovely University, Punjab.
- ❖ Participated in National Seminar on Exploring Tools and Technologies for Gen Z Teachers from 04.01.2024 to 05.01.2024 organized by Avinashilingam Institute for Home Science and Higher Education for Women.
- ❖ Participated in National Conference on Breaking Boundaries in Sports Sciences – ARAPO from 28.02.2024 to 29.02.2024 organized by Ramakrishna Mission Vivekanada Educational and Research Institute.
- ❖ Participated in National Conference on Yoga is Equanimity – Samatvam Yoga Uchyate from 25.06.2024 to 25.06.2024 organized by Ramakrishna Mission Vivekanada Educational and Research Institute.
- ❖ Participated in National Seminar on Yoga for Health, Happiness and Harmony on 19.07.2024 organized by Sri Ramakrishna College of Arts and Science.
- ❖ Participated in National Conference on Resilience Strategies in Business and Finance System: A Multidisciplinary Approach from 24.10.2024 to 25.10.2024 organized by Avinashilingam Institute for Home Science and Higher Education for Women.
- ❖ Participated in National Conference on Emerging Trends in Sports Science for Enhancing Sports Performances on 05.02.2025 organized by SRMV College of Arts and Science.

(b) ACHIEVEMENT IN SPORTS AND GAMES

- ❖ Participated in All India Inter University Kabaddi for Avinashilingam Deemed University held at Manonmaniam Sundaranar University.
- ❖ Runner-Up in Tamil Nadu State Level Kabaddi Tournament.
- ❖ Runner-Up in District Level Volley ball Championship.
- ❖ Runner-Up in District Inter College Athletic Association in Volley ball
- ❖ Runner –Up in Coimbatore Inter Collegiate Athletic Association Tournament in Volley Ball Tournament
- ❖ Secured Third place in Inter Collegiate Volley Ball Tournament in Bharathiar University
- ❖ Secured First place in Power Lifting at Coimbatore Inter-Collegiate Athletic Association level

(c) LITERARY, CULTURAL OR OTHER ACTIVITIES

- Participated in National Service Scheme Camp programs
- Secured Third place in college level Dance Competition
- Secured First Place in Poster Competition in International Yoga Day 2018 on 21.06.2018.
- Served as Commandant in Seven days Leadership Training Camp 2019

(d) OTHER CREDENTIAL, SIGNIFICANT CONTRIBUTIONS, AND RESPONSIBILITIES:

FACULTY DEVELOPMENT PROGRAMME:

- Attended Faculty Development Programme on Joy of Teaching on 4.08.2016 held at Anaadi Foundation
- Attended A Five day Faculty Development Programme on Rural Immersion and Community Engagement in Improving Rural Education held from 9th – 13th August 2019 at Bharathiar University organized by Mahathma Gandhi National Council of Rural Education, Hyderabad in collaboration with Bharathiar University.
- Attended Three day Faculty Development programme on Introduction to Big Data Analytics from 22nd – 24th January 2020 at Avinashilingam Institute for Home Science and Higher Education for Women organized by ICT Academy.

FACULTY INDUCTION PROGRAMME:

- 21 Days Faculty Induction Programme (FIP) for Newly Recruited Teachers organized by Internal Quality Assurance Cell, Avinashilingam Institute for Home Science and Higher Education for Women.

TRAINING PROGRAMME:

- Undergone Training programme on Digitalization of Data Collection through e- iqacorganised by IQAC Cell on 04.07.2019

SHORT TERM COURSE:

- Participated in Young Researcher Course for six days in Karpagam University from 16.05.2011 – 21.05.2011
- Participated Seven day Training Workshop on “ E – Content Development and Digital Lesson Plan Writing from 5.02.2016 – 11.02.2016in Avinashilingam Institute for Home Science and Higher Education for Women
- One week Short Term Training Programme (STTP) on Comprehensive Fitness Training for Excelling in General and Paralympic Sports held from 26th – 30th April 2022 organized by Faculty of General and Adapted Physical Education and Yoga (GAPEY), Ramakrishna Mission Vivekanada Educational and Research Institute (RKMVERI), Coimbatore.

EXTERNAL RESPONSIBILITIES

- Question paper setter – CMS College of Science and Commerce
- Question paper setter – Sri Ramakrishna Mission VidhyalayaMaruthi College of Physical Education.
- Question paper setter – Sri Ramakrishna Mission Vivekanada Educational and Research Institute.
- External Paper Valuation– CMS College of Science and Commerce
- External Paper Valuation– Sri Ramakrishna Mission Vivekanada Educational and Research Institute.
- Selection Committee Member for Avinashilingam Institute for Home Science and Higher Education for Women Volleyball Team
- Selection Committee Member for Avinashilingam Institute for Home Science and Higher Education for Women Kabaddi Team
- Team manager for the Bharathiar University Basketball women Team

INTERNAL RESPONSIBILITIES

- NSS Programme Officer in Dr.SNS Rajalakshmi College of Arts and Science during the year 2008 – 2009.
- Internal Examiner (Both Theory and Practical)
- Central Valuation
- Syllabus In Charge
- NCTE Self-Appraisal
- Mentor during the year 2007 – 18 for I BE Food Processing and Preservation and Technology
- Mentor during the year 2019 – 20 for I B.Com and I BSc Special Education and Mathematics

ONLINE PROGRAMS PARTICIPATED

S.No	Date	Conference/FDP/Workshop/ Webinars Attended	Organisers
1.	13.04.2020 - 17.04.2020	Five days online course on Stress Management	AVS College of Arts and Science
2.	13.04.2020 – 18.04.2020	One week Faculty Development Programme on Research and Role of Ethics in Research	SJB Institute of Technology
3.	28.04.2020 – 30.04.2020	Online Research Methodology Workshop	REST Society for Research International
4.	28.04.2020 – 07.05.2020	Faculty Development Programme on Managing Online classes and Co creating MOOCS	Ramanujam College Delhi
5.	29.04.2020 – 01.05.2020	Faculty Development Programme on Moodle Learning Management System	Kay Peeyes College of Arts and Science , Nilgiris
6.	03.05.2020- 14.05.2020	GHRWS Online International Workshop on Physical Education and Research	Global Human Research Welfare Society
7.	11.05.2020	One Day National Level Webinar On Rules and Interpretations of Track Evens	Kongu Arts and Science College
8.	14.05.2020 - 16.05.2020	Webinar on Stay Healthy & keep Fit During Lock down	Tamil Nadu Physical Education and Sports University
9.	14.05.2020 - 18.05.2020	Online Workshop for Teachers on Animation (Phase-3)	Universal Teachers Academy
10.	14.05.2020	Webinar on Eight Limbs of Yoga (Astanga Yoga)	Tami l Nadu Teachers Educational University
11.	16.05.2020 - 22.05.2020	One Week Online Courses on Adopted Physical Education	Annamalai University
12.	18.05.2020	Item Analysis	Tami l Nadu Teachers Educational University
13.	20.05.2020	One New Approaches of Sports Training Methods	SRMVCAS
14.	21.05.2020	Webinar on Yoga for Rejuvenation of Life	Easwari Engineering College
15.	22.05.2020- 23.05.2020	Mind Heeling Yoga	K.J. Somaiya Institute of Engineering and Information Technology
16.	24.05.2020	Webinar on Sports Psychology and Mental conditioning by yoga	Tamil Nadu State Volleyball Association
17.	25.05.2020	International Webinar series 2020 “Why Stress happens &How to Manage it “	Aquinas College , Kerala
18.	26.05.2020	Webinar on How Stress Affects the Body	Easwari Engineering College

20.	28.05.2020-29.05.2020	International Sports Science Webinar	Tamil Nadu Physical Education & Sports University & Centre for Sports Science & Sri Ramachandra Institute of Higher Education & Research
21.	29.05.2020	National Level Webinar on Fitness Protocols for kids and Elderly People During Pandemic	Maruthi College of Physical Education
22.	31.05.2020	Webinar on Enhance the quality of Life with Psychological well being	Mohammed Sathak A.J College of Engineering
23.	01.06.2020	National Level Webinar Fitness & Wellness	Pioneer Kumaraswamy College , Nagarcoil
24.	01.06.2020-04.06.2020	Four Days National Webinar on Health care on Pandemic	PKR Arts College for women
25.	03.06.2020	International Faculty Development Program ‘‘ Injury Free Sports : Dos & Don’ts	AyyaNadarJanakiAmmal College
26.	03.06.2020 04.06.2020	Two Day Program on Immunity Building through Yoga and Meditation	NKES college of Arts , Commerce and Science
27.	05.06.2020 11.06.2020	One Week Online International Faculty Development Programme on ‘‘The Role of Education technology and learning in classroom Teaching and Learning	Annamalai University
28.	10.06.2020 – 12.06.02020	National Webinar Series on Physical Activity Intervention in Enhancing Immunity	Kongunadu Arts and Science College
29.	11.06.2020	National Webinar on Powerful Secrets to improve Sleep quality and Destress	Easwari Engineering College
30.	12.06.2020	National Webinar on Teaching During and Post COVID times	Guru AngadDev Teaching Learning Centre of MHRD, SGTB Khalsa College, Delhi University.
31.	7.06.2020	Health and Wellness Management for Quality of Life	Azan Group of Institutions Collaboration with International Federation for Fitness, Health, Physical Education & Iron Games
32.	13.06.2020	International Webinar on Role of Coaches in Volleyball	AyyaNadarJanagiAmmal College

33.	17.06.2020 – 21.06.2020	International Webinar on Yoga and Celebration of Virtual International Yoga Day	SRMV Maruthi College of Physical Education
34.	13.06.2020	International Webinar on High Performance in Sports	Sacred Heart College
35.	12.06.2020 – 21.06.2020	Ten Day National Yoga Workshop on Life Style Management through Yoga	D.A.K. Degree College
36.	19.06.2020 – 20.06.2020	A Two Day International Webinar on Sports Science and Yoga	SRMV College of Education
37.	15.06.2020	International E Conference on Health and Education: Challenges in Pandemic Situation	Bhalerao Science College
38.	20.06.2020	Faculty Development Programme Webinar on Yoga for Healthy life style	Kongu Arts and Science College
39.	21.06.2020	National Webinar on Simple Yoga for Healthy life	Easwari Engineering College
40.	26.06.2020	National Webinar on Education through Technology during Pandemic	Avinashilingam Institute for Home Science and Higher Education for Women
41.	27.06.2020 – 3.07.2020	One Week Faculty Development Programme on Futuristic Approach and Professional Preparation in Physical Education	YMCA College of Physical Education
42.	25.06.2020 – 27.06.2020	International Webinar Series on Gender Issues in COVID 19	Bharathiar University
43.	27.06.2020	Webinar on Online Tools for Teachers and Administrators	Manonmaniam Sundaranar University
44.	1.06.2020 – 30.06.2020	21 Days Khelo India Online PE and Community Coaching Programme	SAI – LNCPE, Trivandrum
45.	27.06.2020 – 3.07.2020	One Week Faculty Development Programme on Futuristic Approach and Professional Preparation in Physical Education	Y.M.C.A.College of Physical Education
46.	29.06.2020 – 1.07.2020	International Webinar on Recent Advancement in Research	Annamalai University
47.	3.07.2020 – 4.07.2020	Two Days International Webinar in Different Minds – Flip from Suffer to Sustain	Avinashilingam Institute for Home Science and Higher Education for Women
48.	29.06.2020	National level Webinar on Research Indicators, Publishing Ethics and Predatory Journals	Sri Parasakthi College for Women
49.	29.06.2020 – 27.07.2020	Refresher course on Volleyball rules and skills	Union Territory of Puducherry of Amateur Volleyball Association
50.	7.07.2020	One Day National Webinar on Research Methodology in Physical Education	Sri Kolli Nageshwararao Gangiah Government First Grade College
51.	7.07.2020	Online Physical Education Awareness Programme	Tamilnadu Physical Education Teacher and Physical Director Association
52.	8.07.2020 –	Two Days Online FDP on Creating	Avinashilingam Institute for Home

	9.07.2020	Video Lecture and Online Engagement Learning	Science and Higher Education for Women
53.	8.07.2020 – 14.07.2020	A Seven Day Faculty Development Programme on Revival of Health, Fitness and Entrepreneurial Opportunities through Physical Education	Bharathiar University
54.	9.07.2020	National Webinar on Traditional Games	Pioneer Kumaraswamy College
55.	10.07.2020	Workshop on Creation of Quiz and Certificate on Google Drive	D.A.K. Degree College
56.	11.07.2020 – 12.07.2020	Two Days Webinar on Sports Strengthening and Performance Psychology	Trichy District Judo Association
57.	11.07.2020 – 12.07.2020	Two Day International Webinar on Essentials of Physical and Health Fitness during COVID 19 Pandemic	GovtThirumagal Mills College
58.	13.07.2020 – 16.07.2020	Online Short Term Course on Research Methodology	ShriR.L.T.College of Science
59.	103.07.2020 – 18.07.2020	UGC Paramarsh FDP on ICT in Teaching and Evaluation	MSP Mandal'sShriShivaji College
60.	18.07.2020	Online Awareness Programme on Patenting Practice in India	Idhaya Engineering College for Women
61.	19.07.2020	National Webinar on Am I Ready for Competition, Post Corona to Rebuild Sports	AAA College of Engineering and Technology
62.	15.07.2020 – 21.07.2020	One Week National FDP on E Contents and ICT Tools for Innovative and Effective Teaching	K.S.Jain Institute of Engineering and Technology
63.	17.07.2020	International Webinar on Emotional Intelligence to Knock down the Lock down stress	Easwari Engineering College, Physical Education Foundation of India (Tamilnadu Chapter), National Sports Promotion Organisation – Ministry of Youth Affairs and Sports
64.	19.07.2020	International Yoga Webinar – 2020- Science of Yoga for COVID 19 Prevention and Control	Patanjali College of Yoga and Research Centre
65.	24.07.2020	International Webinar on Coping with COVID 19 – Stress and Anxiety	Easwari Engineering College, Physical Education Foundation of India (Tamilnadu Chapter), National Sports Promotion Organisation – Ministry of Youth Affairs and Sports
66.	28.07.2020	National Webinar on Anti Doping – Get High on Life, Not on Drugs	Physical Education Foundation of India and National Sports Promotion Organisation
67.	31.07.2020 - 1.08.2020	International Faculty Development Programme Epistemic Access to Enhance Effective Learning Towards Happy living with Emotional Intelligence	Idhaya Engineering College

68.	31.07.2020	International Webinar on Assessment, Feedback and Technology	Avinashilingam Institute for Home Science and Higher Education for Women
69.	3.08.2020 – 9.08.2020	International Online Short Term Programme on Endeavour to Physical Education	Tamilnadu Teacher Education University
	7.08.2020	National level Webinar on Yoga for Degenerative Diseases	KovilooraAndavar College of Physical Education
70.	10.08.2020 – 12.08.2020	International Webinar on Yoga and Environmental Wellness for Person with Disable	Bharathiar University
71.	17.08.2020 – 22.08.2020	Six Day International level Faculty Development Programme on Perspectives on Contemporary Issues in Physical Education and Sports	Besant Women's College
72.	22.08.2020 – 23.08.2020	International Yoga Online Workshop 2020	Patanjali College of Yoga and Research Centre
73.	26.08.2020 – 30.08.2020	National Webinar Series on Physical Educaiton and Yoga – Major Immunity Boosters during Pandemic	SRMV Maruthi College of Physical Education
74.	29.08.2020	International Live Colloquium on Start to Hit and Set to Fit	PSGR Krishnammal College for Women
75.	8.09.2020	National Webinar on National Education Policy 2020 – A Paradigm Shift	Avinashilingam Institute for Home Science and Higher Education for Women
76.	14.10.2020 – 16.10.2020	Three Day National level Faculty Development Programme on National Education Policy 2020	Sri Ramakrishna Mission Vidyalaya College of Education
77.	10.11.2020	National Virtual Seminar on Health through Yoga in NEP	Internal Quality Assurance Cell and Department of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women
78.	11.11.2020	National Virtual Seminar on Prerequisites and Prospects of Physical Education in NEP	Internal Quality Assurance Cell and Department of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women
79.	11.11.2020	National Virtual Webinar on National Education Policy 2020 – Structural and Curricular reforms in Higher Education	Internal Quality Assurance Cell, Avinashilingam Institute for Home Science and Higher Education for Women
80.	18.11.2020 – 20.11.2020	Online Short Term Course on Yoga and Wellness for Life Skills	UGC, Human Resource Development Centre, Bharathiar University
81.	20.11.2020	Laughter Yoga Live Program for Faculties – Laugh Louder To Live Longer	PSGR Krishnammal College for Women
82.	25.11.2020 – 26.11.2020	Holistic Approach of Yoga and Physical Fitness during Pre and Post Pandemic COVID 19	Sports Authority of India, Lakshmibai National College of Physical Education,

			Trivandrum, Kerala, India in Collaboration with Physical Education Foundation of India (PEFI) & SVYASA Yoga Deemed University, Bangalore.
83.	2.12.2020	National Virtual Webinar on National Education Policy 2020 –Key to Green India	Internal Quality Assurance Cell and Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women
84.	3.12.2020 – 4.12.2020	National Webinar on Modern Scientific Technology to Enhance Performance in Games and Sports	SRM Institute of Science and Technology and ALMS Sports Foundation, Hyderabad
	15.12.2020 – 16.12.2020	National Webinar on Academic Excellence – Unlock your Potential	UGC Paramash Scheme, Avinashilingam Institute for Home Science and Higher Education for Women
85.	05.01.2021	MultiDisciplinary E Conference on Impact of COVID 19 on Bussiness, Humanity and Society	S.P.DM Arts, S.B.B &S.H.D.Commerce and S.M.A Science College, Shirpur, District, Dhule (MS)
86.	31.01.2021	International Webinar on Transforming Good paper to Great paper Nutrition and Health	Human Research Nutrition Centre, Indonesia Medical Education and Research Institute and Department of Nutrition, Faculty of Universitas Indonesia in collaboration with SUMMIT Institute for Development
87.	21.01.2021 – 29.01.2021	UGC Stride Sponsored Five Day Online Training Programme on Environmental Sustainability and Research Ethics	Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women
88.	11.05.2021	Workshop on Latest Developments in Basketball	SRMV Maruthi College of Physical Education
89.	21.05.2021 - 22.05.2021	Two Day Workshop on KhoKho, Kabaddi and Throwball	Department of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women
90.	07.06.2021 – 11.06.2021	Five Days Faculty Development Programme on Innovation Incubation Start Ups and Research Challenges in INDIA	Idhaya Engineering College FOR Women
91.	17.06.2021	National Level Webinar on Enhancing Lung Capacity and Oxygen Level Through Physical Activities	SadakathullahAppa College, Tirunelveli
92.	19.06.2021	Webinar on COVID – 19 Vaccination for Elderly and Children and Second Wave and Yoga and Women Health	Field Outreach Bureau, Government of India, Coimbatore
93.	15.06.2021 – 21.06.2021	State Level One Week Short Term Yoga Course for All on Yoga for Physical and Mental Wellness	Sri Sarada College of Education.
94.	20.06.2021 –	Two Day International Conference on	SRMV Maruthi College of Physical

	21.06.2021	Synthesis of Traditional Yoga and Modern Science: Solution for the Current Pandemic	Education
95.	10.07.2021	International Conference on Challenges and Strategies: A mark to win TOKYO Olympics 2020	YMCA College of Physical Education
96.	26.07.2021 – 28.07.2021	Three Day National Level Online Faculty Development Programme on ICT Tools for E Content making	St.Joseph's College of Arts and Science
97.	31.07.2021	International Conference Psychological Preparedness on Peak Performance (PROPP) - 2021	YMCA College of Physical Education