

Dr.Manimekalai Narayanan

Degree : Ph.D Yoga

Designation : Lecturer

Profession Achievements

- Member of Indian yoga association (IYA) Attended General Body meeting **IYA/2019/YP446 (2019)**
- Received awarded **Thirumoolar-** Yoga works in Chennai, Oct-02-2019, Yoga works- K.K.Nagar
- Received awarded **BKS Iyengar** Tile- Organized by Thirinethra Yoga training institute and Lions club of Karunguzhi. 26-02-2020
- **Quality control of India (QCI)** – Level 2 Yoga Teacher Oct-2017 exam passed both theories as well as practical-75%.

Special faculty (Guest)

- Guest faculty: **Saradha College of Arts and Science College**, Physical education Department at Salem. Paper handled on Yogic practices in Practical way and Methods of Yogic Practical (DDE – Course M.Sc. Yoga and P.G .Diploma Yoga).
- Guest faculty: **Tamil Nadu Physical Education and sports University College** at Melakottaiur. Paper handled on Yogic practices in Practical way and Methods of Yogic Practical (DDE – Course M.Sc. Yoga and P.G .Diploma Yoga. Dip. Yoga) till now.
- **Yoga International Yoga Day June 21st Program** Yoga Trainer and demonstrate- for NCC school and college boys and girls. Sairam Engineering College and Vell tech engineering college at Chennai.
- **Examiner as external** in Magarishi Vethathiri College at Thiruvannamur (B.Sc and M.Sc in Yoga 29/10/2019
- **Jury** as a All India University/ International –**Feb2 to 5-2019**
- **Resource person- Yoga and wellness workshop**-P.S temple green Vidyashram, Sripermbathur.
- Thiruvallur district **Yoga competition I place.**
- Tamil Nadu sports Yogasana Sangam- best **Yoga Teacher** award held on 21-06-2016
- Guinness record for **head stand** at Chennai Marina Dec-04-2016
- Guinness record for **Shoulder stand** at Chennai Besant Nagar, Chennai – 02-Oct-2017
- Organized Village placement programmes for four Villages. (Sunnambhu Kulam, Sadhanandhapuram, Perathur and Sadhanandhapuram).-2017
- Organized **Yoga inter school** competition – Sudharsan Vidyashram – Vellammal Vidyalaya Sep-2018 at Thiruverkadu
- Organized **Yoga intra school competition** – Sydharsan Vidyashram- Padma sheshathri bala vidya mandir at Vallakottai, Feb-2019
- Worked as **Jury Inter University** Yoga competition Feb-04 to Feb -08-2019, Shankara Art and Science College at Kanchipuram, Conducted by Madras University
- Worked as **Jury Yoga festival** Yoga competition Jan-04 to Jan -07-2020, Pudhucheri Tourism
- Appreciated award participated **108 Times Surya Namaskar** done- Nehru stadium Chennai- 17 June-2019. (Yogathan)
- Organized **Yoga awareness program** Old age home and Special children-May-2019(SRIHER)

Resource person

- Speaker in Yoga festival Yoga competition Jan-04 to Jan -07-2020, Pudhucheri Tourism
 - Topic” General Session about Yoga practices”.
- Resource person – “Health and Wellness “Yoga workshop organized by P.S. Temple green vidhyasram, Mathur Village, Sriperumbadur, Kanchipuram.
- Resource person- World Sleep Day-13.March-2020 “CME on Significance of sleep” organized by Sri Ramachandra institute of Higher education and research.

Media

- ✓ Speaker in COVID-19 Yoga practices and explain about benefits May-08-2020, Rainbow FM. (04.)
- ✓ Center for Sports Sciences (CSS)- Fitness club Breathing exercise videos.
 - <https://youtu.be/7e7DukO0TwM>
 - <https://youtu.be/oLSoZoqySmo>
 - <https://youtu.be/ixxQ3OmwQYw>
 - <https://youtu.be/bHYewD7rTCw>

Conferences, Seminars, Workshop, training undergone by faculty

NPTEL: Course completed Healthy research methodology (8 weeks- with good accreditation)-Dec-2020.

Workshops Attended

- National work shop on “ Yoga be healthy, be divine organized by Tamil Nadu Physical education and sports university on 09-Apr-2016
- Village placement program organized by TNPESU at Sadanandapuram on 14 to 18 –March-2016.
- National workshop on Yoga “Strengthen the pride” organized by TNPESU on 28 and 29 –Oct-2016
- International workshop on “A contemporary outlook of self through self enhancement” organized by sports psychology and sociology at TNPESU held on 11 – Jan-2016
- National workshop on Yoga “Your life your choice” organized by TNPESU held on 27 –Feb-2016
- Krishnamacharya Yoga Mandiram –“Innovative ideas in imparting yoga” at Chennai – 29 June-2016.
- Yoga world festival at Magabhalipuram Oct-30 to Dec -4 -2016 participated more than twenty for four days continuously.
- Yoga world festival at Magabhalipuram Sep 28 to Oct 2-2017 more than twenty workshop participate continuously four days.
- Krishnamacharya yoga mandiram organized International workshop on Hatha- yoga- pradiipika (focus on asana-s) at Chennai. 4 and 5th Aug—2017.
- National Workshop “Yoga pathway to Divinity”- Participated two days-3rd and 4th March-2020, Organized by Meenakshi academy of higher education and research
- CME-Participated Peripheral Neuropathy workshop, organized by SRIHER-Physiology department, Chennai

Yoga Exhibition

- a. TNPESU- 2nd International Yoga day celebration organized by TNPESU, 21-6-2015 at University campus, Melakotaiyur.
- b. Conducted district level School Yoga competitions – Two(Sudharsanam Vidyaram and Padma Shashathiri school)

Online- Mode-Webinars

- Handled classes Moodle / G-meet/ Webinar/Zoom
- Participated International Webinar on **“Role of Yoga in times of COVID -19”** held on 18, 19 and 20 June 2020 conducted by CYTER of SBV, Pondicherry, India as part of International day of Yoga 2020.
- Participated in the national webinar on **“Relevance and Importance of Yoga in present scenario”** organized by Department of Yogic science Gurukula Kangri Vishwavidyalaya, Haridwar, during 17-19 June, 2020.
- Participated in the Webinar series titled **“Yoga for awakening inner potential”** during 30.6.2020, 01.07.20 and 02.07.20 organized by Centre for Spirituality and Yogic Sciences, Bharathidasan University, Tiruchirappalli.
- Participated International webinar series VI on **“IMPARTING TRENDS AND TECHNOLOGICAL LEARNING IN THE FIELD OF TEACHING”** under the topic Impact of COVID-19 for **Interactive and Personalized Learning in ICT** organized by Department of Commerce & Internal Quality Assurance Cell (IQAC) of the ST.Joseph's College (Arts & Science), Kovur, Chennai-28 on 17-July 2020.
- Participated International webinar series VI on **“IMPARTING TRENDS AND TECHNOLOGICAL LEARNING IN THE FIELD OF TEACHING”** under the topic **Innovative Pedagogy Paradigms Teaching for Social Change**, organized by Department of Commerce & Internal Quality Assurance Cell (IQAC) of the ST.Joseph's College (Arts & Science), Kovur, Chennai-28 on 17-July 2020.
- Weeklong Workshop on **“Assessment and Evaluation”** conducted in Online mode during August 24 to 29 2020, organized by Teacher Learning Centre, Tezpur University under PMMMNMTT scheme of Ministry of Education, Government of India.
- International Webinar on **“Importance of Traditional Yogic practice in the new normal situation”** organized by Fit Inida PEFI- Union Christian training college, Berhampore, Murshidabad, (IQC), Physical Education Foundation of India-West Bengal. September 5 2020.
- Webinar on **“National Education policy 2020-Vacationtional students skills”** organized by NSS - Sri Ramachandra Institute of Higher Education and Research, September 22-2020.
- Webinar on **“Anti Plagiarism Software II”** organized by Sri Ramachandra Institute of Higher Education and Research Wed, Sep 23, 2020
- National webinar **“Learning from the Corona Pandemic”** organized by department of Chemistry, Miranda House University of Delhi.24-25 September-2020.
- Webinar participated on **“Mental well-being of Teachers”** organizer by SRIHER, Oct 20,2020
- Conducted Induction training MBBS,UG/PG-students –Yoga through online mode-2020
- Webinar participated on **“Internal complaint committee of SRIHER”** organizer by SRIHER,Nov 17,2020
- Webinar participated on **“Impactful skills for work success”** organizer by SRIHER,Nov 20,2020
- Webinar participated on **“World disability day”** organizer by SRIHER, Dec,3,2020
- Participated national Webinar on Yoga; A panacea for Metabolic syndrome organized by, Department of Yoga TNPESU, on 11th December,2020.

Paper Presentations

- Presented a paper on **“Effect of yoga practice on selected physiological variables among anemic women”** (blood pressure Systolic, diastolic and Pulse rate), National conference on yoga herbal and traditional medicines – organized by Indian Institute of Yoga and Naturopathy at Coimbatore. 9 & 10th, August 2014. Annandham -2014 Page No 7.

- Presented a paper on **“Effect of yoga practice on selected hematological variables among anemic women”** Conference on Complementary approach to aspects and application of music and yoga – Organized by Seethalakshmi Ramaswami College at Thiruchirapalli. 12-14th August - 2014. 12-14th August -2014. ISBN 978-81-921759-5-9 Page No 104.
- Presented a paper on **“Effect of yoga practice on selected hematological variables among anemic women”** (Hemoglobin and Platelets), International Conference on Renaissance in sports ICRS 2014 Organized by National college at Thiruchirapalli. 29-30th August, 2014. ISBN No: 978-81-908942-2-7 Page No: 414.
- Presented a paper on **“Effect of yoga practice on selected psychological variables among anemic women”** (RBC, WBC) Conference on Recent Trends in sports technology of management and allied science Organized by Arumugam Pillai Seethai Ammal College at Tirupattur. 12th & 13th September, 2014. Page No 30
- Presented a paper on **“Effect of yoga practice with sattvic diet on selected physiological variables among anemic women”** (Systolic, Diastolic and Pulse rate), Conference on Promotion of Yoga, Health awareness and physical fitness – a multidimensional approach Organized by Adithanar Arts and Science College at Tiruchendur. 30 Sep, 1st Oct,-2014.
- Presented a paper on **“Effect of yogic practices with sattvic diet on selected psychological variables among anemic women.** (emotional maturity and Attitude) Conference on Importance of Physical Education and Sports Science on Nation Building. (IPESSND) Organized by Coimbatore Institute of Technology, at Coimbatore. From 19th and 20th December 2014.ISBN No:978-81-930396-0-1
- Presented a paper on **“Effect of yogic practices with sattvic diet on hemoglobin and platelets among anemic women”**, Organized by Bharathiyar university, at Coimbatore. Held on 31 Mar and 1st Apr-2016.
- Presented a paper on **“ Effect of yogic practices with and without sattvic diet on selected Hematological variables among Anemic Women”** (RBC,WBC) – International conference on emerging trends in sports medicine, Physical education , sports science and Yoga at Chennai. 18, 19 Jan-2017. TNPESU.
- Presented a paper on **“Effect of yogic practices with and without sattvic diet on selected hematological variables among anemic women”** (Hemoglobin and platelet) International congress on RENAISSANCE IN SPORTS strategies, Challenges and choices -10-11th feb-2017 National college, at Trichy.
- Presented a paper on **“Effect of yogic practices with and without sattvic diet on selected physiological variables among anemic women,** (Blood pressure and Pulse rate) organized by Yuva dhayal yoga mandiram, Mahabalipuram, Chennai. Nov28- Dec4-2016.
- Presented a paper on **“Effect of yogic practices with sattvic diet on selected psychological variables among hypertensive middle aged women “(life satisfaction and adjustment) -** organized by Yuva dhayal yoga mandiram, Mahabalipuram, Chennai. Oct 28- Sep 2 -2017.

- Presented a paper on **“effect of yogic practices on selected biochemical variables among hypertensive middle aged women” (hdl and ldl)** Arupadai veedu institute of technology vinayaka missions university (AVIT) at Mahabalipuram 25th May-2017.
- Presented a paper on **“Effect of yogic practices with sattvic diet on selected physiological variables among hypertensive middle aged women”** (systolic and diastolic), Organized by Alva’s college of physical education, Mangalore. Oct 13 to 15-2017.
- Presented a paper on **“Effect of yogic practices with sattvic diet on selected biochemical variables among hypertensive middle aged women” (HDL, LDL) - ASHPYN**, Indian institute of yoga and naturopathy, Coimbatore. Vol-3, issue :1 Oct.2017. Isbn : 978-81-927985-0-7
- Presented a paper on **“Effect of mindfulness meditation on selected systolic and diastolic variables among hypertensive middle aged women” (systolic and diastolic)**, Organized by Alaghapa University, Physical education department, Karikudi. Dec 7 to 8-2017.
- Presented a paper on **“Effect of yogic practices with sattvic diet on selected triglycerides and total cholesterol among hypertensive middle aged women”** Organized by Sri Ramakrishna Mission Vidyalaya, Maruthi college of physical; education at Coimbatore. 26th & 27th Feb-2018.
- Presented Poster on **“Yoga Practice of the wellness industry is set to Ride the wave come 2020”** Organized by Sri balaji vidyabeeth university (CYTER) at Pudhucheri. 20th July-2019
- Presented paper on **“Effect of yogic practices with sattvic diet on selected biochemical variables among middle aged obese women”** organized by Meenakshi academic higher education and research (MAHER), at K.K Nagar, Chennai. 17th Aug-2019
- Presented Poster on **“Yoga and its benefits for young adult learners”** organized by ayuryog expo 2019 at delhi 07th november to 10th -2019.
- Presented paper presentation **“Effect of Yoga practices with sattvic diet on selected psychological variables”** Organized by Faculty of Nursing, Sri Ramachandra institute of higher education and research.

Conferences

- National conference on yoga herbal and traditional medicines – organized by Indian Institute of Yoga and Naturopathy at Coimbatore. 9 & 10th, August 2014.
- Complementary approach to aspects and application of music and yoga – Organized by Seethalakshmi Ramaswami College at Tiruchirappalli. 12-14th August -2014.
- International Congress on Renaissance in sports ICRS 2014 organized by National College at Tiruchirappalli. 29-30th August, 2014.
- Conference on Recent Trends in sports technology of management and applied science organized by Arumugam Pillai by Arumugam Pillai Seethai Ammal College at Tirupattur. 12th & 13th September, 2014
- Promotion of Yoga, Health awareness and physical fitness – a multidimensional approach organized by Adithanar Arts and Science College at Tiruchendur. 30 Sep, 1st Oct, -2014.
- Importance of Physical Education and Sports Science on Nation Building. (IPESSND) Organized by Coimbatore Institute of Technology, at Coimbatore. 19th and 20th December 2014.
- National conference on “Training nutrition and analeptic regimen on corporeal property and high performance in sports at Bharathiar University, Coimbatore, Held on 31 – march-2016.

- Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya National conference on Holistic Sports on 31- jan-2016.
- International Yoga conference on “Mind, Body, Soul” organized by Arupadai veedu institute of technology vinayaka missions university (AVIT) at Mahabalipuram 25th May-2017.
- International Yoga festival and Conference held at Mahabalipuram organized by Yuva dhayal yoga mandiram, Mahabalipuram, Chennai. Nov 28- Dec 4 -2017.
- International Yoga festival and Conference held at Mahabalipuram organized by Yuva dhayal yoga mandiram, Mahabalipuram, Chennai. Oct 28- Sep 2 -2017.
- International conference on Mindfulness body and soul, Alagapa University, at Karaikudi. Dec 7 to 8 -2017.
- National conference on Physical education and sports science, Organized by Alva’s college at Mangalore. 13 to 15 Oct -2017.
- International Conference Presented Poster on “**Yoga Practice of the wellness industry is set to Ride the wave come 2020**” Organized by Sri balaji vidyabeeth university (CYTER) at Pudhucheri. 20th July-2019
- National Conference Presented paper on “**Effect of yogic practices with sattvic diet on selected biochemical variables among middle aged obese women**” organized by Meenakshi academic higher education and research (MAHER), at K.K Nagar, Chennai. 17th Aug-2019.
- International conference - Presented paper presentation “**Effect of Yoga practices with sattvic diet on selected psychological variables**” Organized by Faculty of Nursing, Sri Ramachandra institute of higher education and research.

Membership in Committees etc., (Internal/ External)

- Member of Indian yoga association (IYA) Attended General Body meeting IYA/2019/YP446 (External)

List of Publications (National – International; Indexed – Non indexed)

PAPERS PUBLISHED IN INTERNATIONAL / NATIONAL JOURNALS (6)

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| a. No. of Papers Published in International Journals | : | 2 |
| b. No. of Papers Published in National Journals | : | 4 |

PAPERS PUBLISHED IN INTERNATIONAL / NATIONAL CONFERENCES (13)

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|---|---|----|
| a. No. of Papers Presented in International Conferences | : | 9 |
| b. No. of Papers Presented in National Conferences | : | 10 |
| c. No. of Conferences/ Seminars/Workshops attended | : | 30 |
| d. No. of Conference Proceedings | : | 17 |
| e. No. of Workshop Conducted | : | 03 |
| f. No. of Poster presentation | : | 02 |
| g. Online webinar(March -2020 to Dec-2020) | : | 20 |

Journals

- a. International journal of engineering research and sports science (A multi disciplinary double – peer review international journal) Impact got 2.621 by ISRA: JIF vol-IV, Issue VI. (ISSN NO: 2348-2400)". **"Effect of yogic practices on selected psychological variables among Hypertensive middle aged women.**
- b. NAPESS- Journal of physical education and sports science ISSN 2229-7049 Volume –II, 2017. **"Effect of yogic practices with sattvic diet on selected physiological variables among hypertensive middle aged women".**
- c. IJPEFS- **"EFFECT OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG HYPERTENSIVE MIDDLE AGED WOMEN"** Received 20th June 2017, Accepted 30th June 2017 www.ijpefs. Com, Int. J. Phys. Ed. Fit. Sports, 54-57| 56.
- d. Journal of Yoga physical therapy and rehabilitation **"EFFECT OF YOGIC PRACTICES ON SELECTED ADJUSTMENT AND LIFE SATISFACTION VARIABLES AMONG HYPERTENSIVE MIDDLE AGED WOMEN"** YPTR-142, DOI: 10.29011/YPTR-142. 000042. Volume 2017, issue; 04. Gavin publisher.
- e. Journal of Emerging Diseases and Preventive Medicine" **Effect of Yogic Practices on Systolic and Diastolic Blood Pressure among Hypertensive Middle Aged Women"** Volume 1 issue 4, Europe summit Health and Fitness (Name: M Manimekalai Narayanan1 , R Elangovan2 Afiliation: 1 Faculty of Allied Health Sciences, Sri Ramachandra Institute of Higher Education and Research, Tamil Nadu, India. 2 Department of Yogic Sciences, Meenatchi Academic higher Education And Research, Tamil Nadu, India) February 03-04, 2021 | Barcelona, Spain

Area of Research Expertise

- i. Yoga
- ii. Yoga Therapy
- iii. Therapeutic approach for Asthma, Blood Pressure, Diabetic, Anemic and Hypertension
- iv. Yoga for Children
- v. Yoga for Women(working /Home makers)
- vi. Yoga for college girls (anemia/Irregular periods)