Dr.S.Maheswari - PAPER PUBLICATION

S.NO	Publication Name	Title	Month / Year
1	Journal of Classical Thamizh – UGC Approved International Thamizh Journal (UGC Journal No.40719) ISSN: 2321-0737.	Thamilar panpatil pasipini pokkum manitha neya manpugal	Volume 4, Issue 2, Page.No:238-242 18.07.2019.
2	UGC Approved International Research Journal of Tamil on E-ISSN : 2582-1113 Indexed Google Scholar.	Pranayama Boost Immunity	Volume 3, Issue 2, Year 2021. Page.No:11-17 03.03.2021.
3	Journal of Modern Thamizh Research (A Quarterly International Multilateral Journal) ISSN: 2321-984X	Thamilar valvum Aura pala unavu thittamum	Volume 9, Issue 2, Page.No:205-213 April-June 2021.
4	UGC Approved International Research Journal of Tamil on E-ISSN 2582-1113 Indexed Google Scholar.	Dietary methods of curing Diseases in the Scriptures of Law	Volume 4, Issue 3, Year 2022. Page No:59-64 22.06.2022.
5	Rabindra Bharati Journal of Philosophy on UGC CARE Group I Journal ISSN No: 0973-0087.	The Virtues of young people creating the Future	Vol,: XXIII, No:09, Page.No:154-157 Year 2022.
6	Madhya Bharti UGC Care Group I Journal Peer Reviewed,	Sexual Education through Spirituality	Volume.82, No,12, Page.No:23-30

	Bilingual, Biannual, Multi-disciplinary Referred Journal. Topic: ISSN 0974-0066.		January-June:2022.
7	Arimaa Nokku ISSN : 2320-4842	A Study on Fasting in the theory of Life	18:3 October 2024 Page.No: 156-159
8	IPE Journal of Management	Fasting as a Holistic Health Discipline : Insights from Classical Yogic Philosophies and SKY Yoga	ISSN 2249-9040 Volume 15, No 2, July-December 2025 Page.No : 162-165