

Journal Publication

1. Published article in the journal named "**International journal of Advancement in Research and Technology**" (ISSN)(2278-7763)(IJOART)issued vol 4 issue, **5 May 2015** Edition. Topic: Student – Teacher Relationship.
2. Published article in International journal named "**STM – journal**" – A journal of Life Sciences (ISSN: 2249-8656) volume 4, issue **2015**. Topic: "**Healthy food Habits**"
3. Published article in UGC approved journal Shanlax International Journal of Arts, Science and Humanities.—ISSN—2321-788x, volume ,**March,2018**. Topic; "**World without War**"
4. Published article in UGC peer reviewed International Journal of Scientific Research and Modern Education (IJSRME) Impact Factor: 7.137, ISSN (Online): 2455 – 5630 (www.rdmodernresearch.com) Volume 7, Issue 1, 2022 57 Topic- "**yogic practices and mindfulness**" **21st may 2022**.
5. Participated in International Tamil Conference and Published article in UGC approved journal Humanities in Tamil Literature. Topic "**Spirituality Fosters Humanity- (18\7\2019.)**
6. "**Sky yoga - A Yoga for Modern age**" – A Glimpse, Kanpur Philosophers International Journal of humanities, Law and Social Sciences- ISSN 2348-

8301-- Vol. IX, issueno.15 : **2022**, Volume-9, Issue1, No.15, 2022. Page No 129-133

7. **“The Principles of Integral Yoga Substantiates the Principles of Sky Yoga”**- Journal of Management & Entrepreneurship- ISSN : 2229-5348 - UGC Care Group 1 Journal, Vol. 16, No.2 (X), April - June **2022**.p.no 88
8. Rabindra Bharathi Journal of Philosophy, Published in Department of Philosophy , Rabindr Bharatiuniversity- **“Swami Vivekananda’s Concept of Universal Religion”**- UGC Care Group1Journal ISSN:0973-0087 Vol:XXXIII, No:19, **2022**
9. **“Harmonizing Ancient Traditions with Contemporary Science : Explaining the scientific Basis of Yoga”**- History research Journal-0976-5425-**2024**
10. **“Therapeutic Role Of Yoga in Type-II Diabetes”**- South India Journal Of Social Sciences-0972-8945, July – December : **2024**
11. **“Yoga Therapy For Cervical Spondylosis”**-Journal of Educational Planning and Administration ISSN : 0971-3859 ; Vol XXXIX NO. 2, April - June **2025**