

## JOURNAL PUBLICATION

S.No	Title of the Publication	Name of the Journal	Month, Year and Vol.	Scopus / UGC CARE Listed/ Peer Reviewed Journal
1	Harmonizing ancient traditions with contemporary science: Exploring the scientific basis of yoga	Marathwada Itihas Parishad - History Research Journal	July–August:2024 Volume:31, Issue:04, No.2 ISSN:0976-5425(P)	UGC Care Listed
2	Influence of TraditionalYoga on Sinus Problem Among College Women Students.	South India Journal of Social Science	July-December: 2023 Vol.: XXI, No:16 ISSN: 0972-8945	UGC Care Listed
3	Impact of Simplified Kundalini Yoga on Sinus Problem Among College Women Students.	Journal of the Asiatic Society of Mumbai	2023, Vol.: XCVI, No: 24 ISSN: 0972-0766	UGC Care Listed
4	Thirukkuralil Thanimanitha Alumai Membadu.	Modern Thamizh Research	2021, Volume – 2 ISSN: 2321-984X	UGC Care Listed
5	Siddhar Ilakkiyangalil Manitha Neyam.	Classical Thamizh	2019, Volume – 2, ISSN: 2321-0737	UGC Care Listed
6	Physical Exercise and Physical Health	Review of Research	October 2018, Volume-8, Issue-1 ISSN : 2249-894X	UGC Care Listed

## PEER REVIEWED JOURNAL

S.No	Title of the Publication	Name of the Journal	Month, Year and Vol.	Scopus / UGC CARE Listed/ Peer Reviewed Journal
1	Heart Rate Variability Changes During and after the Practice of Bhramari Pranayama	Aathiyoga Indian Journal of Ancient Medicine and Yoga (IJAMAY)	Vol. 1, No. 04, December - 2024. ISSN: 3048-9822	Online Peer Reviewed Journal
2	Meditation as a Tool for Emotional Balance and Stability	Aathiyoga Indian Journal of Ancient Medicine and Yoga (IJAMAY)	Vol. 2, No. 02, March – 2025. ISSN: 3048-9822	Online Peer Reviewed Journal