

Journal Publications

1. Presented a paper on “**SangallakeyaPadalkalilKadavulvalipattumurai**” in the InternationalConference (P-ISSN: 2321-788X) Organized by the Department of Tamil Thiruvalluvar College, Papanasam.Tirunelveli on 24-03-2020
2. presented a paper “**cittrailakkiyattil manitaneya manpukal**” in the International Conference on Virtues & Spirituality in Tamil Literature (ISSN:2321-0737) Organized by the Department of Tamil, NGM College, Pollachion 18-07-2019.
3. Presented a paper on “**Yogic Dieatary Lifestile**”in the published **Madhya Bharti** :ISSN0974-0066 with IF=6.28,Vol.82,No.09,December :2022UGC Care Approved, Group I ,Multi –disciplinary Referred Journal
4. Presented a paper on “ Breathing for Brainpower : Exploring the potential of pranayama for Enhanced memory and concenteration in high school students” in the published Aathiyoga Indian journal of ancient medicinel, ISSN : 3048-9822 Volume:1: 03.11.2024