

## **Journal Publications**

1. **Presented a paper on “An Updated Review on *Hibiscus rosa sinensis* : Pyhtochemistry and Medicinal Uses” in the Aathyoga Indian Journal of Ancient Medicine and Yoga (AIJAMAY) (ISSN: 3048-9822), published in January 2025.**
2. **Presented a paper on “The Efficacy of Vethathiri Maharishi’s Maharasana and Simplified Kundalini Yoga(SKY) as Therapeutic Intervention for Polycystic Ovarian Disease among the Collegiate Female Population” in the Aathyoga Indian Journal of Ancient Medicine and Yoga (AIJAMAY) (ISSN: 3048-9822), published in December 2025.**
3. **Presented a paper on “Fasting as a Holistic Health : Insights from Classical Yogic Philosophies ans Sky Yoga” in the IPE Journal of Management (ISSN: 2249-9040), published in July to December 2025.**

## **Seminars, Conference**

### **Paper Presented**

1. Published a paper titled “Food And Scientific Background In Tamil Literatuire”–“Tamil Elakiyalgal Unaveiyalum Ariviyal Pinpulamum” in the International Journal (**ISBN: 978-81-971075-7-3**), published during on 05.04.2024, pp. 276–985, SRMV College ,Coimbatore
2. Published a paper titled “Tamilarin Virunthombal”– Varalaru, Thathuvam, Araneri” in the International Journal *Valar Tamil Aivu* (**ISSN: 2583-0139**), published during 18 & 19 May 2024, pp. 248–251, World Tamil Sangam, Madurai.
3. Published a book chapter titled “Cutivating Inner Strength :Yoga’s Role In Empowering Youth” in the edited volume *Empowering India through Digital Transformation – A Sustainable Approach* (**ISBN: 978-93-340-6921-1**), released on 19th July 2024, pp. 34-44, from the ICSSR sponsored National Seminar on *Empowering India through Digital Transformation – A Sustainable Approach*, organized by the Department of Commerce – E-Commerce, NGM College, Pollachi.
4. Published a paper titled “Tamil Kadavul Kanthan” in the National Journal *Valar Tamil Aivu* (**ISSN: 2583-0139**), published on 18th January 2025, pp. 372-374, World Tamil Sangam, Madurai.

5. Published a book chapter titled “*Empowering Woman Through The Transformative Practice of Yoga* ” in the edited volume *Vision Vikshit Bharat 2047: Contribution and Initiatives of Digital India for Empowering Rural Women* (**ISBN: 978-93-94004-84-1**), released on 31st January 2025, pp. 215-220, from the ICSSR sponsored National Seminar on *Vision Vikshit Bharat 2047: Contribution and Initiatives of Digital India for Empowering Rural Women*, organized by the Department of Commerce – Professional Accounting, NGM College, Pollachi.
6. Published a book chapter titled “***The Power of Women in Yogic Evolution***” in the edited volume *Matrashakti in Yoga: The Power of Women in Yogic Evolution* (**ISBN: 978-81-985654-5-7**), released on 08th March 2025, pp., from the one day International Seminar on *Matrashakti in Yoga*, organized by the Manushi Institute of Yoga, Chidambaram.
7. Published a book chapter titled “***YOGA OF TECHNOLOGY: MERGING ARTIFICIAL INTELLIGENCE WITH YOGIC INTELLIGENCE FOR INDIA'S PROSPERITY***” in the edited volume *Harnessing Artificial Intelligence, Innovation and Technology: A Pathway to Economic Transformation and Sustainable Development in India* (**ISBN: 978-93-94004-50-4**), released on 19th September 2025, pp. 393-396, from the one day National Seminar held at NGM College, Pollachi, sponsored by ICSSR – SRC, Hyderabad.
8. Published a book chapter titled “***Bharathiyan Parvaiyil Pengalin Viduthalai***” in the edited volume *Bharathiyan Ilakkiya Kazhagam* (**ISBN: 978-81-958552-9-1**), released on 04th November 2025, pp. 31–39, from the one day International Seminar on *Bharathiyan Sinthanai Mandram*, organized jointly by Bharathiyan Sinthanai Mandram and NGM College, Pollachi.