

Journal Publications

1. **Presented a paper on** “*An Updated Review on Hibiscus rosa sinensis : Pythochemistry and Medicinal Uses*” **in the Aathiyoga 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 Aathiyoga 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 and 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 Literature*”–“*Tamil Elakiyangalil 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 “*Cultivating 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 “*Bharathiyar Parvaiyil Pengalin Viduthalai*” in the edited volume *Bharathiyar Ilakkiya Kazhagam* (ISBN: 978-81-958552-9-1), released on 04th November 2025, pp. 31–39, from the one day International Seminar on *Bharathiyar Sinthanai Mandram*, organized jointly by Bharathiyar Sinthanai Mandram and NGM College, Pollachi.