

Paper Publications

S NO	TITLE OF THE PAPER	JOURNAL NAME	ISSN& IMPACT FACTOR	VOLUME, DATE & PAGE NO.
1.	The Impact Of Sky Yoga Practices On Enhancing Happiness And Gratitude Among College Students	UGC Care Group I Journal	ISSN 2319-829X	Vol. 13, Issue 2, No.11, July – December: 2024
2	The influence of Sky Yoga practices on enhancing Gratitude among NGM College Students”,	UGC Care Group I Journal	ISSN: 0974-0066	Vol-85 No.05, July– December: 2024 Pages 16 to 22
3.	A Study On The Impact Of Sky Yoga Practices On Enhancing Happiness Among College Students	UGC Care Group I Journal	ISSN: 0974-0066	Vol-85, Year:2024 Pages 16 to 22
4	A Study on the impact of eye exercise (SKY YOGA) and Lamp Gazing Practice on enhancing visual Function and well-being among college students	Madhya Bharti-Humanities and Social Sciences	0974-006	Volume no: 84 Issue-06 Year –July – December, 2023 Pages 126 to 132
5.	The influence of (SKY YOGA) eye exercise and lamp gazing practice on visual functioning among college students	Shodhak A Journal of Historical Research	0302-9832	Volume no: 53 Issue-03 Year –September – December, 2023 Pages 133 to 138
6.	The Impact of SKY Yoga Practices on Psychological wellbeing among Women	Journal of the Asiatic society of Mumbai.,	0972 - 0766	Volume no: 95, Issue no : 5 Year 2022, Pages 66 to 71
7.	A Study on SKY Yoga practice among Women	Juni Khyat (UGC Care Group I Listed Journal)	2278 - 4632	Volume no: 12 Issue – 02 Year - Feb, 2022, Pages 14 to 20
8.	The Impact of SKY Yoga Practices on Resilience among Women	Modern Thamizh Research	2321 – 984X	Volume no: 33 Issue-03 Year -October, 2021 Pages 582 - 589
9.	The impact of SKY Yoga on Quality of life among Women	Manager - The British Journal of Administrative Management	DOI 10.5281 /zenodo.5993967	Volume no: 57, Issue no 145 Year 2021, Pages 275 to281

