

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 |

