

## CERTIFICATE OF GENUINENESS OF THE PUBLICATION

**Dr.S.Maheswari**

Sl. No	Name of the Journal	Title of the Paper	Volume and Date	ISSN /E-ISSN Number/Page
1	Journal of Classical Thamizh UGC Approved INTERNATIONAL THAMIZH JOURNAL- UGC Journal No.40719	Tamilar panpatil pasipini pokkum Manithaneya Manpugal	Vol. No :4 & Issue No : 2 July & 2019	ISSN : 2321 – 0737 PageNo. 238-242
2	UGC Approved International Research Journal of Tamil Index Google Scholar. (E-Journal)	Pranayama Boost Immunity	Vol. No:3& Issue No: 2 March & 2021	ISSN : 2582-1113 Page No. 11-17
3	Journal of Modern Thamizh Research (UGC Care Listed)	Aura Food Diet Plan in Tamilian Life	Vol. No :9 & Issue No : 2 April – June & 2021	ISSN : 2321 - 984X Page No. 205-213
4	UGC Approved International Research Journal of Tamil Index Google Scholar. (E-Journal)	Dietary methods of curing Diseases in the Scriptures of Law	Volume 4, Issue3, Year June - 2022.	ISSN : 2582-1113 Page No: 59-64
5	Madhya Bharti UGC Care Approved, Group I Peer Reviewed, Bilingual, Biannual, Multi-disciplinary Referred Journal.	Sexual Education through Spirituality	Vol.82, No. 12, January-June:2022.	ISSN : 0974-0066 Page No: 23-30
6	Rabindra Bharati Journal of Philosophy	The Virutes of Young people creating the Future	Vol, XXIII, No: 09, June, 2022.	ISSN : 0973-0087 Pages 154-157

7	Arimaa Nokku Journal	A Study of Fasting in Biological theory	Volume 1, October 2024.	ISSN: 2320-4842, Pages 156-159.
8	IPE Journal of Management	Fasting as a Holistic Health Discipline: Insights from Classical Yogic Philosophies and SKY Yoga	Volume 15, NO 2, July-December 2025,	. ISSN:2249-9040, Pages 162-169.
9	Kalanjiyam : International Journal of Tamil Studies	Food Discipline and Fasting: A Comparative study of the Philosophical Lifestyle and Perspective Vallalar and Vethathiri Maharishi	Volume 4  Issue05, February 2026	E-ISSN : 2456-5148 <b>Pages : 808-823.</b>
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