

Dr.S.Maheswari - PAPER PUBLICATION

S.NO	Publication Name	Title	Month / Year
1	Journal of Classical Thamizh – UGC Approved International Thamizh Journal (UGC Journal No.40719)	Thamilar panpatil pasipini pokkum manitha neya manpugal	ISSN: 2321-0737. Volume 4, Issue 2, Page.No:238-242 18.07.2019.
2	UGC Approved International Research Journal of Tamil on Indexed Google Scholar.	Pranayama Boost Immunity	E-ISSN : 2582-1113 Volume 3, Issue 2, Year 2021. Page.No:11-17
3	Journal of Modern Thamizh Research (A Quarterly International Multilateral Journal)	Thamilar valvum Aura pala unavu thittamum	ISSN: 2321-984X Volume 9, Issue 2, Page.No:205-213 April-June 2021.
4	UGC Approved International Research Journal of Tamil on Indexed Google Scholar.	Dietary methods of curing Diseases in the Scriptures of Law	E-ISSN 2582-1113 Volume 4, Issue 3, Year 2022. Page No:59-64
5	Rabindra Bharati Journal of Philosophy on UGC CARE Group I Journal	The Virtues of young people creating the Future	ISSN No: 0973-0087. Vol,: XXIII, No:09, Page.No:154-157 Year 2022.
6	Madhya Bharti UGC Care Group I Journal Peer Reviewed, Bilingual, Biannual, Multi-disciplinary Referred Journal.	Sexual Education through Spirituality	ISSN 0974-0066. Volume.82, No,12, Page.No:23-30 January-June : 2022.
7	Arimaa Nokku	A Study on Fasting in the theory of Life	ISSN : 2320-4842 18:3 October 2024 Page.No: 156-159

8	IPE Journal of Management	Fasting as a Holistic Health Discipline : Insights from Classical Yogic Philosophies and SKY Yoga	ISSN 2249-9040 Volume 15, No 2, July-December 2025 Page.No : 162-165
9	Kalanjiyam International Journal of Tamil Studies	Food Discipline and Fasting: A Comparative Study of the Philosophical and Lifestyle Perspectives of Vallalar and Vethathiri Maharishi	E-ISSN 2456-5148 Volume 4 Issue 05, February 2026 Page.No : 808-823
10	Journal of Modern Thamizh Research	Disease-Healing Dietary Practices: Prevention, Causes and Treatment Methods.	ISSN: 2321-984X Vol.14, No.1 January to March 2026 Pg.no 49 to 55.
11	Journal of Classical Thamizh	A Sociological Study of Food-Eating Traditions and the Development of Social Discipline in Tamil Culture.	ISSN : 2321- 0737 Vol.13 No.1 January to March 2026, Pg.no 23 to 29
12	Bodhi International Journal of Research in Humanities, Arts and Science	Evaluating India's National Digital Heritage Portal and Repositories for Cultural Preservation and Public Access : A Case Study	E-ISSN: 2456-5571, Vol. 10, No. 3 April 2026 Pg.No 334 to 344
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