

JOURNAL PUBLICATION

S.No	Title of the Publication	Name of the Journal	Month & Year / Volume / ISSN	Scopus / UGC CARE Listed/ Peer Reviewed Journal
1	Impact of academic factors on stress levels among college Women students	Journal of Technology	July – 2026 Volume: 14 Issue: 7 ISSN: 10123407 DOI:18.15001/JOT.2026 /V14I7.26.18329	UGC Care Listed
2	Role of Meditation in Building Psychological Resilience among College Students	International Journal of Scientific Research in Engineering and Management	May – 2026 Volume: 10 Issue: 05 ISSN: 2582-3930 DOI: 10.55041/IJSREM64223	Peer Reviewed Journal
3	Impact of Simplified Kundalini Yoga Practice on Stress Level among College Students	International Journal of Research and Innovation in Applied Science	February – 2026 Volume XI, Issue II ISSN: 2454-6194 DOI:10.51584/IJRIAS	Peer Reviewed Journal
4	Meditation as a Tool for Emotional Balance and Stability	Aathiyoga Indian Journal of Ancient Medicine and Yoga (IJAMAY)	March – 2025 Vol. 2, No. 02, ISSN: 3048-9822	Peer Reviewed Journal
5	Heart Rate Variability Changes During and after the Practice of Bhramari Pranayama	Aathiyoga Indian Journal of Ancient Medicine and Yoga (IJAMAY)	December – 2024 Vol. 1, No. 04,, ISSN: 3048-9822	Peer Reviewed Journal
6	Harmonizing ancient traditions with contemporary science: Exploring the scientific basis of yoga	Marathwada Itihas Parishad - History Research Journal	July–August:2024 Volume:31, Issue:04, No.2 ISSN:0976-5425(P)	UGC Care Listed
7	Influence of TraditionalYoga on Sinus Problem Among College Women Students.	South India Journal of Social Science	July-December: 2023 Vol.: XXI, No:16 ISSN: 0972-8945	UGC Care Listed
8	Impact of Simplified Kundalini Yoga on Sinus Problem Among	Journal of the Asiatic Society of Mumbai	2023, Vol.: XCVI, No: 24 ISSN: 0972-0766	UGC Care Listed

	College Women Students.			
9	Thirukkuralil Thanimanitha Alumai Membadu.	Modern Thamizh Research	2021, Volume – 2 ISSN: 2321-984X	UGC Care Listed
10	Siddhar Ilakkiyangalil Manitha Neyam.	Classical Thamizh	2019, Volume – 2, ISSN: 2321-0737	UGC Care Listed
11	Physical Exercise and Physical Health	Review of Research	October 2018, Volume-8, Issue-1 ISSN : 2249-894X	UGC Care Listed

