

Journal Publication

1. Published article in the journal named **“International journal of Advancement in Research and Technology”** (ISSN)(2278-7763)(IJOART)issued vol 4 issue, 5 **May 2015** Edition.Topic: Student – Teacher Relationship.
2. Published article in International journal named **“STM – journal”** – A journal of Life Sciences (ISSN: 2249-8656) volume 4, issue **2015**.Topic: **“Healthy food Habits”**
3. Published article in UGC approved journal Shanlax International Journal of Arts,ScienceandHumanities.—ISSN—2321-788x,volume, March,**2018**.Topic;**“WorldwithoutWar”**
4. Published article in UGC peer reviewed International Journal of Scientific Research and Modern Education (IJSRME) Impact Factor: 7.137, ISSN (Online): 2455 – 5630 (www.rdmodernresearch.com) Volume 7, Issue 1, 2022 57 Topic- **“yogic practices and mindfulness”** 21st may **2022**.
5. Participated in International TamilConference and Published article inUGC approved journal Humanities in Tamil Literature. Topic **“Spirituality Fosters Humanity- (18\7\2019.)**
6. **“Sky yoga - A Yoga for Modern age”** – A Glimpse, Kanpur Philosophers InternationalJournalofhumanities,LawandSocialSciences-ISSN2348-8301--

7. **“The Principles of Integral Yoga Substantiates the Principles of Sky Yoga”**- Journal of Management & Entrepreneurship- ISSN : 2229-5348 - UGC Care Group 1 Journal, Vol. 16, No.2 (X), April - June 2022.p.no 88
8. Rabindra Bharathi Journal of Philosophy, Published in Department of Philosophy , Rabindr Bharatiuniversity- **“Swami Vivekananda’s Concept of Universal Religion”**- UGC Care Group1Journal ISSN:0973-0087 Vol:XXXIII,No:19,2022
9. **“Harmonizing Ancient Traditions with Contemporary Science : Explaining the scientific Basis of Yoga”**- History research Journal-0976-5425-2024
10. **“Therapeutic Role Of Yoga in Type-II Diabetes”**- South India Journal Of Social Sciences-0972-8945, July – December : 2024
11. **“Yoga Therapy for Cervical Spondylosis”**-Journal Educational Planning and Administration. ISSN : 0971-3859 ; Vol XXXIX NO. 2, April - June 2025
12. **Effectiveness of SKY Yoga on Emotional Regulation, Executive Function, and Self-Control in Reducing Internet Gaming Disorder among Adolescents**”. | IJIRT | Volume 12 Issue 10 | ISSN: 2349-6002, March 2026.

13. **“Breath Regulation (Pranayama) in Thirumoolar Yogam & its relevance In Modern Neuro science”**- Naveena Tamil Aayvu (Modern Tamil Research) ISSN: 2321-98-4X, Vol.14 No-1.January – March-2026
14. **“Integrating Ayurveda and Yoga for Holistic Health and Well-being”**. Kalanjiam (International Journal of Tamil Studies) Volume-6, Issue-01, *E-ISSN 2456-5148*, May 2026, Online: www.ngmtamil.in
15. **“The role of yoga for digital addiction”** Aathiyoga Indian Journal of Ancient Medicine and Yoga (AIJAMAY) ISSN: 3048-9822 Online, Volume 2 Issue 01 February 2025, P.N.1-10
16. **“Mind-Body Practices for Academic Well-being-Assessing the Benefits of Yoga Nidra and Seated Meditation among College Professors”** Aathiyoga Indian Journal of Ancient Medicine and Yoga (IJAMAY) ISSN: 3048-9822 Online

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