

1. Published an article on "Healthy Food Habit & Diet" in Research and Reviews: A Journal of Life Sciences, ISSN 2249-8656 (online) ISSN : 2348-9545. (print) Volume 5, issue 2, Page no.1-3. May-2015
2. Published an article on "Student- teacher Relationship" in International Journal of Advancement in Research and Technology, ISSN: 2278-7763 Volume 4, issue 5, May-2015, page no. 48-52.
3. Published an article on "World Without War" in Shanlax UGC approved Journal, E-ISSN 2321-788X, Volume 5, special issues 2, March 2018 Pg 134-135.
4. Published an article on "World Without War" in Shanlax UGC approved Journal, E-ISSN 2321-788X, Volume 5, special issues 2, March 2018 Pg 134-135.
5. Published an article on "Spirituality Fosters Humanity" in Journal of Classical Thamizh , a quarterly international multilateral Thamizh journal published by Raja publication , Trichy, ISSN: 2321- 0737, 18th July 2019. Volume 4, part 2, Special issue, page no. 390-393.
6. Published an article on "Yogic practices and Mindfulness" in 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 Page No - 57-60
7. Published an article on "Sky yoga - a Yoga for Modern age – A Glimpse" in Kanpur Philosophers International Journal of humanities, Law and Social Sciences. Published biannually by New Archaeological & Geological Society, ISSN 2348-8301- Vol. IX, IssueNo.15 : 2022, Volume-9, Issue-1, No. 15, 2022. Page No 129-133
8. Published an article on "The Principles of Integral Yoga Substantiates the Principles of Sky Yoga" in Journal of Management & Entrepreneurship, ISSN : 2229-5348 UGC Care Group 1 Journal, Vol. 16, No.2 (X), April - June 2022.p.no 88
9. Published an article on "Swami Vivekananda's Concept of Universal Religion" in Rabindra Bharathi Journal of Philosophy, Published in Department of Philosophy , Rabindra Bharati University, UGC Care Group1Journal ISSN:0973-0087 Vol:XXXIII,No:19,2022
10. Published an article on "Harmonizing Ancient Traditions With Contemporary Science: Exploring The Scientific Basis Of Yoga", Marathwada Itihas Parishad - History Research Journal, ISSN:0976-5425(P) ;UGC CARE Journal; Volume:31, Issue:04, No.2, July–August:2024 Page -139- 142.
11. Published an article on "Therapeutic Role Of Yoga Intype2 Diabetes" in South India Journal Of Social Sciences, Issn: 0972 – 8945, Vol. Xxii, No.01, July – December: 2024 36 P.N.36-39
12. Published an article on "The Impact Of Stress On Blood Sugar Levels: Understanding The Connection Of Yoga And Diet In Managing It" in Rabindra Bharati University Journal of Economics, ISSN : 0975-802X Vol. : XXVIII, No:29, 2024 P.N.125-131
13. Published an article on "Evaluating The Synergistic Effects Of Yoga And A Plant-Based Diet On Glycemic Control And Insulin Sensitivity In Type 2 Diabetes Management" in IPE Journal of Management, ISSN 2249-9040 Volume 14, No 12, July-December 2024 P.N.-148-153