

## List of Journals

S. No.	Name of the Journal	Title of the Paper	Volume No. and Date	ISSN /E-ISSN Number
1	History Research Journal	HARMONIZING ANCIENT TRADITIONS WITH CONTEMPORARY SCIENCE: EXPLORING THE SCIENTIFIC BASIS OF YOGA	Vol.:31, Issue;04, No.02, July – August: 2024 Page no: 139-142	0976-5425 (P) with IF=7.86
2	South India Journal of Social Sciences	INFLUENCE OF TRADITIONAL YOGA TRAINING ON SINUS PROBLEM AMONG COLLEGE WOMEN STUDENTS	Vol.XXI, No.16, July-December: 2023 Page no: 47-51	0972-8945
3	Journal of the Asiatic Society of Mumbai	IMPACT OF SIMPLIFIED KUNDALINI YOGA ON SINUS PROBLEM AMONG COLLEGE WOMEN STUDENTS	Vol.: XCVI, No:24 2023 Page no: 190-194	0972-0766
4	Modern Thamizh Research	திருக்குறளில் தனிமனித ஆளுமை மேம்பாடு	Vol.:33, Issue-3 2021 Page no: 255-260	2321-984X
5	Classical Thamizh	சித்தர் இலக்கியங்களில் மனிதநேயம்	Vol.: 4, Issue-2 2019 Page no: 394-399	2321-0737
6	Review of Research	உடற்பயிற்சியும் உடல்நல மேம்பாடும்	Vol-8, Issue-1 2018 Page no: 15-18	2249-894X