

Swami Rama Himalayan University

Himalayan School of Yoga Sciences

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S. No	Publication Title	Author/s Name	Journal Name	Year of Publication	ISSN Number	Indexing
1	Effect of Yoga and Naturopathy-based lifestyle modification techniques on cervical and lumbar spondylosis:	Dr.Anvita Singh	Shodhsamhita	2022	2277-7067	UGC and other indexed Journals
2	Impact of Yoga Nidra on Human Consciousness	Dr.Somlata Jha	The Journal of Oriental Research Madras	2022	0022-3301	UGC and other indexed Journals
3	Stress Management through Meditation	Dr.Somlata Jha	International Journal of Humanities, Law and Social Sciences	2022	2521-0793	UGC and other indexed Journals
4	मुद्रा की तात्विक विवेचना	Ankit Sharma	Jyotirveda-Prashthanam	2022	2278-0327	UGC and other indexed Journals
5	सांख्य दर्शन के अनुसार वैचारिक प्रक्रिया का विश्लेषण	Ankit Sharma	Shodh Samhita	2022	2277-7067	UGC and other indexed Journals