

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	Role Of Mental Health And Resilience	Dr. Ajay Dubey	Samdarshi	2023	2581-3986	UGC and other indexed Journals
2	Effect Of Selected Yogic Practices And Motivational Lectures On Moral Values Of Adolescents	Dr. Ajay Dubey, Dr. Mamta Dwivedi,	Samdarshi	2023	2581-3986	UGC and other indexed Journals
3	योगिक ग्रंथो में समाधि एवं समाधि के रूपों के वर्णन	Rahul Baluni	Samdarshi	2023	2581-3986	UGC and other indexed Journals
4	Concept of Chakras in Hath yogic Text'	Dr. Ram Narayan Mishra	Samdarshi	2023	2581-3986	UGC and other indexed Journals
5	अस्पृश्ययोग की अवधारणा: अद्वैत वेदांत दृष्टि में	Dr. Ram Narayan Mishra	Samdarshi	2023	2581-3986	UGC and other indexed Journals

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6	The Self Awareness Questionnaire (SAQ-20) as an adaptable, reliable, and validated tool for use in students	Dr Saloni Malik, Indrajeet Sharma	Samdarshi	2023	2581-3986	UGC and other indexed Journals
7	Aging and Yoga: Exploring the Benefits of Yoga in Promoting Healthy Aging	Dr.Somlata Jha	Samdarshi	2023	2581-3986	UGC and other indexed Journals
8	Surya Namaskara:A Holistic Approach to Healthy Aging	Dr.Somlata Jha	Samdarshi	2023	2581-3986	UGC and other indexed Journals
9	The Power of Yoga in Sports: Enhancing Performance and Well-Being	Dr.Somlata Jha	Samdarshi	2023	2581-3986	UGC and other indexed Journals
10	Unravelling the Potency of Yoga for the Management of Psychometric Disorders	Dr.Somlata Jha	Samdarshi	2023	2581-3986	UGC and other indexed Journals
11	Yoga as an Innovative Approach to Managing Arthritis	Dr.Somlata Jha	Samdarshi	2023	2581-3986	UGC and other indexed Journals