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1	INTERNATIONAL	IMPORTANCE OF YOGA AS PREVENTIVE MEASURE FOR HEALTHY BODY AND MIND	FIRST	JETIR	2349-5162	12	1	328-334	2025
2	INTERNATIONAL	ROLE OF YOGA & MEDITATION IN PREVENTING IN PRE MENSTRUAL SYNDROM AND HORMONAL IMBALANCE	THIRD	IJTSRD	2456-6470	9	2	103-106	2025
3	INTERNATIONAL	IMPRTANCE OF YOGA DURING GARBHA MASANUMASIK VRUDDHI	SECOND	IJARESM	2455-6211	13	7	454-466	2025
4	INTERNATIONAL	AN AYURVEDIC APPROACH TOWORDS AMAVATA (RA) : A CASE STUDY	SECOND	IJARESM	2455-6211	13	2	117-123	2025