



ISSN No. : 2321-9653

IJRASET

**International Journal for Research in Applied
Science & Engineering Technology**

IJRASET is indexed with Crossref for DOI-DOI : 10.22214

Website : www.ijraset.com, E-mail : ijraset@gmail.com

Certificate

*It is here by certified that the paper ID : IJRASET47175, entitled
Comparative study of psychological well-being in Adults Practicing and Non-
practicing: Effects of Yoga and Meditation.*

*by
Srishti Dhruv Singh*

*after review is found suitable and has been published in
Volume 10, Issue X, October 2022
in*

*International Journal for Research in Applied Science &
Engineering Technology*

(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors



ISRA Journal Impact
Factor: 7.429



45.98
INDEX COPERNICUS



THOMSON REUTERS
Researcher ID: N-9681-2016



TOGETHER WE REACH THE GOAL
SJIF 7.429

By [Signature]

Editor in Chief, IJRASET



ISSN No. : 2321-9653

IJRASET

**International Journal for Research in Applied
Science & Engineering Technology**

IJRASET is indexed with Crossref for DOI-DOI : 10.22214

Website : www.ijraset.com, E-mail : ijraset@gmail.com

Certificate

*It is here by certified that the paper ID : IJRASET47175, entitled
Comparative study of psychological well-being in Adults Practicing and Non-
practicing: Effects of Yoga and Meditation.*

*by
Mr. Abhijeet Chore*

*after review is found suitable and has been published in
Volume 10, Issue X, October 2022
in*

*International Journal for Research in Applied Science &
Engineering Technology*

(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors



ISRA Journal Impact
Factor: 7.429



45.98
INDEX COPERNICUS



THOMSON REUTERS
Researcher ID: N-9581-2016



TOGETHER WE REACH THE GOAL
SJIF 7.429

By [Signature]

Editor in Chief, IJRASET



ISSN No. : 2321-9653

IJRASET

**International Journal for Research in Applied
Science & Engineering Technology**

IJRASET is indexed with Crossref for DOI-DOI : 10.22214

Website : www.ijraset.com, E-mail : ijraset@gmail.com

Certificate

*It is here by certified that the paper ID : IJRASET47175, entitled
Comparative study of psychological well-being in Adults Practicing and Non-
practicing: Effects of Yoga and Meditation.*

*by
Mrs. Vaishali Bendre*

*after review is found suitable and has been published in
Volume 10, Issue X, October 2022
in*

*International Journal for Research in Applied Science &
Engineering Technology*

(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors



ISRA Journal Impact
Factor: 7.429



45.98
INDEX COPERNICUS



THOMSON REUTERS
Researcher ID: N-9581-2016



TOGETHER WE REACH THE GOAL
SJIF 7.429

By

Editor in Chief, IJRASET