

INTERNATIONAL RESEARCH JOURNAL OF MANAGEMENT  
SOCIOLOGY & HUMANITIES

*An Internationally Indexed Peer Reviewed & Refereed Journal*



UGC ID - 48312

Impact Factor\* : 7.8012

Ref:IRJMSH/2025/A1022940

DOI : [HTTPS://DOI.ORG/10.32804/IRJMSH](https://doi.org/10.32804/IRJMSH)

ISSN 2277 – 9809 (O) 2348 - 9359 (P)

THIS CERTIFIES THAT  
**DR.JAGADISH S GASTI**

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON  
**THE EFFECT OF SAQ TRAINING AND MEDITATION IN CULTIVATING PSYCHOLOGICAL WELL  
BEING**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 16 , Issue – 10 Oct , 2025



Editor in Chief

[www.IRJMSH.com](http://www.IRJMSH.com)



Computer Science Directory

