

## Curriculum Vitae of:

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### Published Papers (from Jan- October, 2025)

Sl No.	Name of the Article and authors	Status
1.	A Review on Effect of Surya Namaskar and Pranayama on Health related Physical fitness among Adolescents By: David Singh Hijam and N. Ibohal Singh	Published in: ILE Multidisciplinary Journal[IE Sum- 7.58] ; 2025 :4 (1) ; 894-903 APIS-3920-0007/ ISSN-2583-7230 <a href="http://mj.iledu.in">http://mj.iledu.in</a>
2.	Effect of 8 week Surya Namaskar and Yogic Breathing Practice on Muscular Endurance and Flexibility among Male Adolescents of School students in Imphal District of Manipur By: David Singh Hijam and N. Ibohal Singh	International Journal of Complementary Research, 2025 4(3): 494-500, May-June,2025 DOI: <a href="http://doi.org/10.5281/zenodo.15731727">http:// doi.org/10.5281/zenodo.15731727</a> Email: <a href="mailto:editor.ijcrmjournal@gmail.com">editor.ijcrmjournal@gmail.com</a>
3.	Indian Knowledge System in the Complementary Education System	Presented at One day International Seminar on Indian Knowledge System for Global Excellence at R K Sanatombi Devi College of Education, Imphal on 12 <sup>th</sup> May, 2025
4.	Impact of Yoga, Pranayama, and Meditation on Cortisol, CRP, and Fasting Blood Glucose in Individuals Undergoing Rehabilitation for Substance Abuse By: Sanil Kumar P. and N. Ibohal Singh	Sent for publication to Yoga Mimamsa
5.	Enhancing Quality of Life and Mental Well-being through vagal yoga in Substance Abuse Rehabilitation: A study using WHO QOL- BREF and DASS-21 By: Sanil Kumar P. and N. Ibohal Singh	Sent for publication to UGC care journals
6.	Effect of Yoga –based Intervention on Stress and Autonomic Balance in Substance Abuse Recovery: A Psychophysiological study By. Sanil Kumar P. and N. Ibohal Singh	Sent for publication to UGC care journals

(Prof. N. Ibohal Singh)