



# Universal Journal of Humanities and Multi-Disciplinary Studies (UJHMDS) U.S. ISSN: 3143-7869

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Date: 07 August 2026

To,

Dr. Savita Saklani Seth

Subject: Confirmation of Research Paper Publication

Dear Dr. Savita Saklani Seth,

We are pleased to confirm that your research paper titled **“Scientific Foundations of Yoga: Health, Wellness, Therapy, and Human Performance”** has been successfully published in the Universal Journal of Humanities and Multi-Disciplinary Studies (UJHMDS), ISSN: 3143-7869, **Volume 02, No. 03, Jul- Sept 2026.**

Your paper is now available online at:

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Page No: 29-35

The editorial board extends its sincere appreciation for your valuable contribution to our journal. Your research work demonstrates a high standard of academic excellence and adds significant value to the journal.

We congratulate you on this achievement and look forward to your continued association with UJHMDS in future publications.

With best regards,

Prof. (Dr.) Ajay Shriram Kushwaha

Editor-in-Chief

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