



# INTERNATIONAL RESEARCH JOURNAL OF COMMERCE, ARTS AND SCIENCE

*An Internationally Indexed Peer Reviewed & Refereed Journal*

UGC ID - 44854

Impact Factor\* : 6.893

Ref: CASIRJ/2023/A1022888

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

ISSN 2319 – 9202 (O)

THIS CERTIFIES THAT

**RINKI KUMARI**

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**EFFECTS OF YOGA AND MEDITATION ON THE STRESS LEVELS OF INDIAN LOCO PILOTS:  
WITH REFERENCES TO THE NANDED DIVISION OF SOUTH-CENTRAL RAILWAY ZONE**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 14 , Issue – 9 Sep , 2023



Editor in Chief

