



# International Journal of Research in Humanities and Social Sciences (IJRHS)

(Online & Print International, Peer Reviewed, Refereed & Indexed Monthly Journal)

ISSN: 2320-771X (o) & 2347-5404 (p)

Website: [www.ijrhs.net](http://www.ijrhs.net) | Email: [editor@ijrhs.net](mailto:editor@ijrhs.net)

Date: 29 June 2026

To,  
Sweta Kumari

Subject: Confirmation of Research Paper Publication

Dear Sweta,

We are pleased to confirm that your research paper titled **“Effects of Yoga Practice on Academic Stress and Sleep Deprivation Among Teenagers”** has been successfully published in the International Journal of Research in Humanities and Social Sciences (IJRHS), Volume 14, Issue 06, June 2026, with ISSN: 2320-771X (O) & 2347-5404 (P), Impact Factor: 8.921

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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 IJRHS in future publications.

With best regards,

Dr. Vinod Kumar Jain  
Editor-in-Chief

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