



International Journal of Humanities and Social Science Invention

e-ISSN: 2319 – 7722 p-ISSN: 2319 – 7714

CERTIFICATE

It is certify that the paper entitled by *“Effect of Cyclic Meditation on Quality of Life and Sleep Quality in Adolescents: A 21-Day Intervention Study”* has been published in International Journal of Humanities and Social Science Invention (IJHSSI).

Your article has been published with following details:

Author's Name: Roshni Kumari

Journal Name: International Journal of Humanities and Social Science Invention (IJHSSI)

Journal Web: www.ijhssi.org

Journal Type: Online & Offline

Review Type: Peer Review Refereed

Publication Year: 2026

Publication Month: September

Vol No.: 15

Issue No.: 09



Editor-In-Chief

International Journal of Humanities and Social Science Invention (IJHSSI)

E-mail ID: ijhssi@invmails.com

Web: www.ijhssi.org

Impact Factor : 5.35

UGC Approval Serial Number: 4098 & UGC Journal Number: 47449



International Journal of Humanities and Social Science Invention

e-ISSN: 2319 – 7722 p-ISSN: 2319 – 7714

CERTIFICATE

It is certify that the paper entitled by *“Effect of Cyclic Meditation on Quality of Life and Sleep Quality in Adolescents: A 21-Day Intervention Study”* has been published in International Journal of Humanities and Social Science Invention (IJHSSI).

Your article has been published with following details:

Author's Name: *Dr. Manesh Kanwar*

Journal Name: *International Journal of Humanities and Social Science Invention (IJHSSI)*

Journal Web: *www.ijhssi.org*

Journal Type: *Online & Offline*

Review Type: *Peer Review Refereed*

Publication Year: *2026*

Publication Month: *September*

Vol No.: *15*

Issue No.: *09*



Editor-In-Chief
International Journal of Humanities and Social Science Invention (IJHSSI)
E-mail ID: ijhssi@invmails.com
Web: www.ijhssi.org

Impact Factor : 5.35

UGC Approval Serial Number: 4098 & UGC Journal Number: 47449



International Journal of Humanities and Social Science Invention

e-ISSN: 2319 – 7722 p-ISSN: 2319 – 7714

CERTIFICATE

It is certify that the paper entitled by *“Effect of Cyclic Meditation on Quality of Life and Sleep Quality in Adolescents: A 21-Day Intervention Study”* has been published in International Journal of Humanities and Social Science Invention (IJHSSI).

Your article has been published with following details:

Author's Name: Dr. Dharambir Yadav

Journal Name: International Journal of Humanities and Social Science Invention (IJHSSI)

Journal Web: www.ijhssi.org

Journal Type: Online & Offline

Review Type: Peer Review Refereed

Publication Year: 2026

Publication Month: September

Vol No.: 15

Issue No.: 09



Editor-In-Chief
International Journal of Humanities and Social Science Invention (IJHSSI)
E-mail ID: ijhssi@invmails.com
Web: www.ijhssi.org

Impact Factor : 5.35

UGC Approval Serial Number: 4098 & UGC Journal Number: 47449
