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Date: 10 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 “Holistic Yoga Practices for Physical, Mental, and Spiritual Well-Being” has been successfully published in the Global Journal of Innovative Research Perspectives (GJIRP), Volume 02, No. 03, Jul-Sep 2026, ISSN: 3143-1089.

Your paper is now available online at:

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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 GJIRP in future publications.

With best regards,

Dr. Munish Kumar

Editor-in-Chief

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