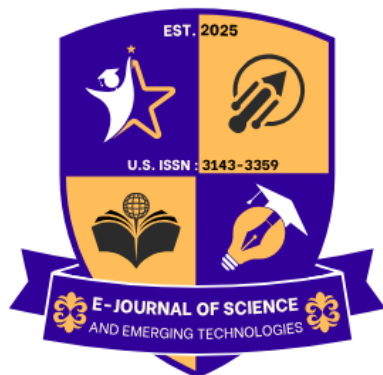




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Date: 15 August 2026

To,

Dr. Sweta Kumari,

Subject: Confirmation of Research Paper Publication

Dear Dr. Sweta Kumari,

We are pleased to confirm that your research paper titled “A Comparative Analysis of Yoga Practice and Psychophysiological Balance in Digital Lifestyles” has been successfully published in the E-Journal of Science and Emerging Technologies (EJSET), **Volume 02, No. 03, Jul- Sep 2026**.

Your paper is now available online at:

<https://ejset.org/index.php/ejset/article/view/62>

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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 EJSET in future publications.

With best regards,

Prof. (Dr) Sangeet Vashishtha

Editor-in-Chief

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