



ISSN No. : 2321-9653

iJRASET

International Journal for Research in Applied
Science & Engineering Technology

iJRASET is indexed with Crossref for DOI-DOI : 10.22214

Website : www.ijraset.com, E-mail : ijraset@gmail.com

Certificate

It is here by certified that the paper ID : IJRASET73381, entitled

The Role of Yoga in Enhancing Work-Life Balance: A Holistic Approach

by

Dr. Neha Modi

after review is found suitable and has been published in

Volume 13, Issue VII, July 2025

in

*International Journal for Research in Applied Science &
Engineering Technology*

(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors

By [Signature]

Editor in Chief, iJRASET

JISRA
J
F

ISRA Journal Impact
Factor: **7.429**

 45.98
INDEX COPERNICUS

 THOMSON REUTERS
Researcher ID: N-9681-2016

 doi 10.22214/IJRASET
cross ref

 TOGETHER WE REACH THE GOAL
SJIF 7.429