



National Press Associates

CERTIFICATE OF PUBLICATION

This is awarded to

Bhavana Nandkumar Patil

For Publication of Paper Titled

**IMPACT OF MEDITATION ON MENTAL HEALTH AND
PRODUCTIVITY OF EMPLOYEES IN MUMBAI CITY**

For National Research Journal Titled

“National Research Journal of Social Sciences ”

Peer Reviewed Refereed Research Journal

Volume-II, Issue No: 1, Year: 2026 (January-June)

ISSN: 2348-473X Impact Factor: 6.95



Publisher



Website:

www.npajournals.org



National Press Associates

CERTIFICATE OF PUBLICATION

This is awarded to

Dr. Ashok Yadav

For Publication of Paper Titled

**IMPACT OF MEDITATION ON MENTAL HEALTH AND
PRODUCTIVITY OF EMPLOYEES IN MUMBAI CITY**

For National Research Journal Titled

“National Research Journal of Social Sciences ”

Peer Reviewed Refereed Research Journal

Volume-II, Issue No: 1, Year: 2026 (January-June)

ISSN: 2348-473X Impact Factor: 6.95



Publisher



Website:

www.npajournals.org