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To,
Dr. Sweta Kumari

Subject: Confirmation of Research Paper Publication

Dear Dr. Sweta Kumari,

We are pleased to confirm that your research paper titled **“Relationship Between Regular Yoga Practice and Workplace Mental Resilience: A Controlled Cohort Study”** has been successfully published in the International Journal of Research in Management and Pharmacy (IJRMP), Volume 15, Issue 08, August 2026, with ISSN 2320-0901, Impact Factor: 9.475

Your paper is now available online at:

https://ijrmp.org/wp-content/uploads/2026/08/IJRMPv15i8res3_PDF.pdf

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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 body of knowledge in modern engineering and emerging technologies.

We congratulate you and your co-authors on this achievement and look forward to your continued association with IJRMP in future publications.

With best regards,

Dr. Namrta Jain
Editor-in-Chief

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