

Certificate of Publication



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

An International Open Access, Peer-reviewed, Refereed Journal

The Board of

International Journal of Creative Research Thoughts

Is hereby awarding this certificate to

Dr Ajay Kumar

In recognition of the publication of the paper entitled

Impact of Mindfulness Practices on Stress, Emotional Regulation, and Life Satisfaction

Published In IJCRT (www.ijcrt.org) & 7.97 Impact Factor by Google Scholar

Volume 13 Issue 10 October 2025 , Date of Publication: 24-October-2025

UGC Approved Journal No: 49023 (18)




EDITOR IN CHIEF

PAPER ID : IJCRT2510757

Registration ID : 295525

Scholarly open access journals, Peer-reviewed, and Refereed Journals, Impact factor 7.97 (Calculate by google scholar and Semantic Scholar | AI-Powered Research Tool) , Multidisciplinary, Monthly Journal



Website: www.ijcrt.org | Email id: editor@ijcrt.org | ESTD: 2013

IJCRT | ISSN: 2320-2882 | [IJCRT.ORG](http://www.ijcrt.org)