



National Press Associates

CERTIFICATE OF PUBLICATION

This is awarded to

Jasbir Kaur

For Publication of Paper Titled

**MEDITATION AND HABIT FORMATION IN ADOLESCENCE:
INSIGHTS WITH SPECIAL REFERENCE TO HEARTFULNESS**

For National Research Journal Titled

“Journal Literary Aesthetics”

Volume-12, Issue No: 2, Year: 2025 (July-December)

Peer Reviewed Refereed Research Journal

ISSN: 2347-8705 Impact Factor: 5.8



Publisher



Website:
www.npajournals.org



National Press Associates

CERTIFICATE OF PUBLICATION

This is awarded to

Shivani

For Publication of Paper Titled

**MEDITATION AND HABIT FORMATION IN ADOLESCENCE:
INSIGHTS WITH SPECIAL REFERENCE TO HEARTFULNESS**

For National Research Journal Titled

“Journal Literary Aesthetics”

Volume-12, Issue No: 2, Year: 2025 (July-December)

Peer Reviewed Refereed Research Journal

ISSN: 2347-8705 Impact Factor: 5.8



Publisher



Website:
www.npajournals.org