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Is hereby awarding this certificate to

**Dr.Sunidhi Kaundal**

In recognition of the publication of the paper entitled

**BENEFIT OF UJJAYI PRANAYAMA IN ALLEVIATING HYPOTHYROIDISM**

**“ A CASE REPORT**

Published In IJNRD ( www.ijnrd.org ) ISSN Approved & 8.76 Impact Factor

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Co-Authors - Dr.Manasa M, Dr. Mrunali Rajendra  
Satre, Dr. Anamika, Dr Kashavva V Hiremath

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