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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



Published in Volume 8 Issue 6, June-2023 | Date of Publication: 2023-06-21

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

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