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In recognition of the publication of the paper entitled

**Effect of Slow Suryanamaskar Practices on Breath Holding Time and Respiratory Rate among School Girls**

Published In JETIR ( www.jetir.org ) ISSN UGC Approved (Journal No: 63975) & 7.95 Impact Factor

Published in Volume 5 Issue 12 , December-2018 | Date of Publication: 2018-12-01

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