



INTERNATIONAL JOURNAL OF RESEARCH AND ANALYTICAL REVIEWS (IJRAR) | IJRAR.ORG

An International Open Access, Peer-reviewed, Refereed Journal

E-ISSN: 2348-1269, P-ISSN: 2349-5138

The Board of
International Journal of Research and Analytical Reviews (IJRAR)
Is hereby awarding this certificate to

DR. MANSI GUPTA

In recognition of the publication of the paper entitled
**TO MAKE A FUNDAMENTAL UNDERSTANDING OF THE ROLE OF YOGA AND PRANAYAMA IN
HERNIA**

Published In IJAR (www.ijrar.org) UGC Approved - Journal No : 43602 & 7.17 Impact Factor

Volume 7 Issue 1 February 2020, Date of Publication: 06-February-2020

PAPER ID : IJRAR2001092

Registration ID : 214666



R.B. Joshi

EDITOR IN CHIEF

UGC and ISSN Approved - Scholarly open access journals, Peer-reviewed, and Refereed Journals, Impact factor 7.17 (Calculate by google scholar and Semantic Scholar | AI-Powered Research Tool) , Multidisciplinary, Monthly Journal

INTERNATIONAL JOURNAL OF RESEARCH AND ANALYTICAL REVIEWS | IJAR

An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal

Website: www.ijrar.org | Email: editor@ijrar.org | ESTD: 2014

Manage By: IJPUBLICATION Website: www.ijrar.org | Email ID: editor@ijrar.org



INTERNATIONAL JOURNAL OF RESEARCH AND ANALYTICAL REVIEWS (IJRAR) | IJRAR.ORG

An International Open Access, Peer-reviewed, Refereed Journal

E-ISSN: 2348-1269, P-ISSN: 2349-5138

The Board of
International Journal of Research and Analytical Reviews (IJRAR)

Is hereby awarding this certificate to

DR. RAHUL KHAJURIA

In recognition of the publication of the paper entitled

**TO MAKE A FUNDAMENTAL UNDERSTANDING OF THE ROLE OF YOGA AND PRANAYAMA IN
HERNIA**

Published In IJAR (www.ijrar.org) UGC Approved (Journal No : 43602) & 7.17 Impact Factor

Volume 7 Issue 1 February 2020, Date of Publication: 06-February-2020

PAPER ID : IJAR2001092

Registration ID : 214666



R.B. Joshi

EDITOR IN CHIEF

UGC and ISSN Approved - Scholarly open access journals, Peer-reviewed, and Refereed Journals, Impact factor 7.17 (Calculate by google scholar and Semantic Scholar | AI-Powered Research Tool) , Multidisciplinary, Monthly Journal

INTERNATIONAL JOURNAL OF RESEARCH AND ANALYTICAL REVIEWS | IJAR

An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal

Website: www.ijrar.org | Email: editor@ijrar.org | ESTD: 2014

Manage By: IJPUBLICATION Website: www.ijrar.org | Email ID: editor@ijrar.org