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

Ishita Sahdev

In recognition of the publication of the paper entitled

**Suppression Vs. Reappraisal: Comparative Predictive Strength Of Emotion Regulation Strategies
On Academic And Perceived Stress In Emerging Adults (18-25 Years)**

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

Volume 13 Issue 1 March 2026, Date of Publication: 05-March-2026

PAPER ID : IJRARTH00362

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