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

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“A Quasi Experimental Study To Assess The Effectiveness Of Slow Breathing Exercise (Sbe) Versus Progressive Muscle Relaxation (Pmr) Technique To Reduce Physiological And Psychological Stress Among Anc Mothers Attending Anc Clinics And Hospitals At Durg, District (C.G.).”

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

Volume 13 Issue 2 May 2026, Date of Publication: 01-May-2026

PAPER ID : IJRARTH00378

Registration ID : 332645



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