

# AYURLOG

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## Certificate of Publication

*The board is hereby awarding this certificate in the name of author(s)*

**Jog Anupama Kiran, Tandel Dipali Ganjendra, Puradakar Ganesh Shantaram**

*in recognition of published research Article entitled*

***"Importance of 'Nidra' as one of the Upastambha of life."***

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A handwritten signature in blue ink, appearing to read 'Srinivas'.

Chief Editor