## AYURLOG

## National Journal of Research in Ayurved Science

Impact factor: 2016:- 5.210; 2015:- 5.223

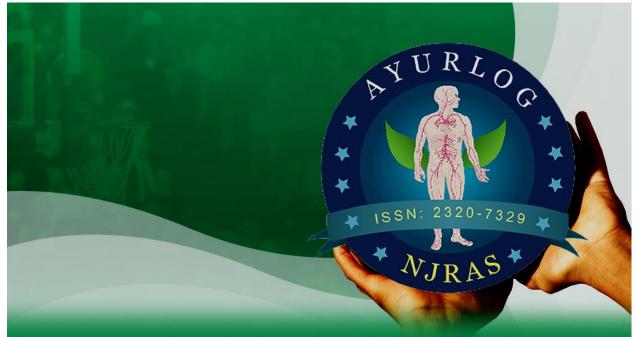
ISSN: 2320-7329



A peer-reviewed open access Indexed e-journal of Ayurveda

http://www.ayurlog.com

Dudhamal Publication (OPC) Pvt. Ltd., Chembur, Mumbai., Maharashtra, India-400089



## Certificate of Publication

The  $oldsymbol{B}$ oard is hereby awarding this certificate in the Name of Author(s)

Mahesh Talekar, Rajesh Kolarkar

in recognition of publication of research Article entitled

"Anapanasati: (mindfulness of breathing) an access to insight."

Has published in

Ayurlog: National Journal of Research in Ayurved Science

Volume 6<sup>th</sup> issue 05<sup>th</sup> | AYURLOG: NJRAS | August 2018.



Chief Editor