



# INTERNATIONAL RESEARCH JOURNAL OF COMMERCE, ARTS AND SCIENCE

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THIS CERTIFIES THAT  
**MR.N.BIKEN SINGH**  
HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON  
**EFFECT OF TRAINING PROGRAM OF ANULOM VILOM ON SENIOR CITIZEN OF MONSHANGEI  
DISTRICT**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 14 , Issue – 5 May , 2023



Editor in Chief





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**BRAHMACHARIMAYUM SANJIBALA SHARMA**

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