

## INTERNATIONAL RESEARCH JOURNAL OF COMMERCE, ARTS AND SCIENCE

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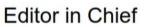
EFFECT OF TRAINING PROGRAM OF ANULOM VILOM ON SENIOR CITIZEN OF MONSHANGEI DISTRICT

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN Vol - 14, Issue - 5 May, 2023























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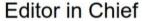
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### BRAHMACHARIMAYUM SANJIBALA SHARMA

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