



CERTIFICATE

of Contribution Awarded to

Dr. Mansi Karajgaonkar

Has successfully contributed and published a paper

**AUTONOMIC MODULATION THROUGH STRUCTURED
PRANAYAMA (KUMBHAKA) AND ITS EFFECT ON
BLOOD PRESSURE AMONG HIGHER EDUCATION
FACULTY**

In an

International Peer Reviewed & Refereed

Scholarly Research Journal For
Humanity Science & English Language

E- ISSN 2348 – 3083 & P-ISSN 2349-9664, SJIF 2019: 6.251
PEER REVIEWED JOURNAL
OCT-NOV, 2020 Volume 8, Issue 42, Released On 1/12/2020

Certificate No. SRJHSEL/44/44/2020
www.srjis.com



Dr. Yashpal D. Netragaonkar
Editor in chief for SR Journals