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In recognition of the publication of the paper entitled  
**Enhancing Academic Performance: A Comparative Analysis of Modern and Ancient Practices for Prolonged Study and Stress Relief**

Published In IJCRT ( [www.ijert.org](http://www.ijert.org) ) & 7.97 Impact Factor by Google Scholar

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UGC Approved Journal No: 49023 (18)

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**Prof. (Dr.) Dilip Kumar Goswami**

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