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*An International Open Access, Peer-reviewed, Refereed Journal*

The Board of  
International Journal of Creative Research Thoughts  
Is hereby awarding this certificate to

**Ms. SHILPA**

In recognition of the publication of the paper entitled  
**A Descriptive Study To Assess The Existing Practices With Regard To  
Self-Care Of Clients With Hypertension At Selected Community Areas,  
Udupi With An View To Develop An Information Booklet."**

Published In IJCRT ( www.ijert.org ) & 7.97 Impact Factor by Google Scholar

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UGC Approved Journal No: 49023 (18)

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