



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

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The Board of  
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**Dr. Yogesh Tukaram Kotangale**

In recognition of the publication of the paper entitled  
**A Conceptual Study on Viruddha Ahara**

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

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