# Certificate of Publication



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

An International Open Access, Peer-reviewed, Refereed Journal

The Board of

International Journal of Creative Research Thoughts

Is hereby awarding this certificate to

### **Dr Ankita Korde**

In recognition of the publication of the paper entitled

## A CONCEPTUAL REVIEW OF IMPORTANCE OF SHADRASATMAK AHAR TO REGULATE PROPER DIET

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

Volume 13 Issue 9 September 2025, Pate of Publication: 06-September-2025

UGC Approved Journal No: 49023 (18)

PAPER ID: IJCRT2509084

Registration ID: 293434



EDITOR IN CHIEF

Scholarly open access journals, Peer-reviewed, and Refereed Journals, Impact factor 7.97 (Calculate by google scholar and Semantic Scholar | Al-Powered Research Tool), Multidisciplinary, Monthly Journal



An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal

Website: www.ijcrt.org | Email id: editor@ijcrt.org | ESTD: 2013



# Certificate of Publication



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

An International Open Access, Peer-reviewed, Refereed Journal

The Board of

International Journal of Creative Research Thoughts

Is hereby awarding this certificate to

**Dr Pradnya Shinde** 

In recognition of the publication of the paper entitled

## A CONCEPTUAL REVIEW OF IMPORTANCE OF SHADRASATMAK AHAR TO REGULATE PROPER DIET

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

Volume 13 Issue 9 September 2025, Pate of Publication: 06-September-2025

UGC Approved Journal No: 49023 (18)

PAPER ID: IJCRT2509084

Registration ID: 293434

EDITOR IN CHIEF

Scholarly open access journals, Peer-reviewed, and Refereed Journals, Impact factor 7.97 (Calculate by google scholar and Semantic Scholar | Al-Powered Research Tool), Multidisciplinary, Monthly Journal



### **INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | IJCRT**

An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal

Website: www.ijcrt.org | Email id: editor@ijcrt.org | ESTD: 2013

