

CERTIFICATE OF PUBLICATION

The Editorial Board Of INTERNATIONAL RESEARCH JOURNAL OF AYURVEDA AND YOGA

(A International Peer Review and Indexed Journal of Ayurveda and Yoga Professional)

Is hereby awarding this publication certificate to **Mr./Miss/Prof./Dr. Anil Kothari**, who has contributed a paper titled – **YOGA AND MENTAL HEALTH: A REVIEW ON EFFICACY OF YOGA IN MANAGING STRESS, ANXIETY AND DEPRESSION**

To the IRJAY as an author/ co-author and has got published in Vol. 4 Issue 3

The Editor in Chief & The Editorial Board Appreciated the intellectual Contribution of the Author/ co-Author



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