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## Certificate

*It is here by certified that the paper ID : IJRASET1485, entitled  
Beneficial Effects Of Meditative Practices And Selected Asana Practices On Stress  
Management Among Working Women*

*by  
Dr.S. Manikandan*

*after review is found suitable and has been published in  
Volume 2, Issue XII, December 2014*

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*Good luck for your future endeavors*

*By [Signature]*

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