

RASET

International Journal for Research in Applied Science & Engineering Technology

IJRASET is indexed with Crossref for DOI-DOI: 10.22214

Website: www.ijraset.com, E-mail: ijraset@gmail.com



It is here by certified that the paper ID: IJRASET66546, entitled

Turning Cramps into Comfort: A Review of Yogas Role in Alleviating Primary
Dysmenorrhea and Promoting Reproductive Health

by Taruni Sarva

after review is found suitable and has been published in Volume 13, Issue I, January 2025

in

International Journal for Research in Applied Science & Engineering Technology
(International Peer Reviewed and Refereed Journal)
Good luck for your future endeavors



ISRA Journal Impact Factor: **7.429**









Py Live Editor in Chief, IJRASET



RASET

International Journal for Research in Applied Science & Engineering Technology

IJRASET is indexed with Crossref for DOI-DOI: 10.22214

Website: www.ijraset.com, E-mail: ijraset@gmail.com



It is here by certified that the paper ID: IJRASET66546, entitled

Turning Cramps into Comfort: A Review of Yogas Role in Alleviating Primary
Dysmenorrhea and Promoting Reproductive Health

by Avilash Mohapatra

after review is found suitable and has been published in Volume 13, Issue I, January 2025

in

International Journal for Research in Applied Science & Engineering Technology
(International Peer Reviewed and Refereed Journal)
Good luck for your future endeavors



ISRA Journal Impact Factor: **7.429**









Py Live Editor in Chief, IJRASET



RASET

International Journal for Research in Applied Science & Engineering Technology

IJRASET is indexed with Crossref for DOI-DOI: 10.22214

Website: www.ijraset.com, E-mail: ijraset@gmail.com



It is here by certified that the paper ID: IJRASET66546, entitled

Turning Cramps into Comfort: A Review of Yogas Role in Alleviating Primary Dysmenorrhea and Promoting Reproductive Health

by Ganesh Kumar Subudhi

after review is found suitable and has been published in Volume 13, Issue I, January 2025

in

International Journal for Research in Applied Science & Engineering Technology
(International Peer Reviewed and Refereed Journal)
Good luck for your future endeavors



ISRA Journal Impact Factor: **7.429**









Py Live Editor in Chief, IJRASET