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| N O | TITLE OF ARTICLE | ARTICLE TYPE | NAME OF JOURNAL | YEAR OF PUBLICATION | ISS N NO |
|----------------|-----------------------------------------------------------------------------------------------------------------|---------------------|---------------------------------------------------|----------------------------|-----------------|
| 1 | Low impact yoga asanas and role of calcium in post menopausal women W.S.R to Osteoporosis | INTERNATIONAL | IJAAM | SEP 2019 | 2348 - 0173 |
| 2 | Study of effect of Ahariya dravya yava (Barley) in Medovriddhi(Overweight an interventional clinical study | INTERNATIONAL | WORLD JOURNAL PHARMACEUTICAL AND MEDICAL RESEARCH | july2019 | 2455 3301 |
| 3 | Role of Yogic poses in adolescents female in relation to Dysmenorrhoea w.s.r.to Kashtartava | INTERNATIONAL | IJAAM | Sept 2019 | 2348 0173 |
| 4 | lifestyle disorder W.S.R to Sthaulya vyadhi | INTERNATIONAL | IJAAM | 2019 | 2348 0173 |
| 5 | A critical analysis of purishdhara kala as asthidhara kala w.s.r to ashrya ashrayi relation and basti chikitsa. | INTERNATIONAL | WJPR | june2019 | 2277 - 7105 |

Achievements 2019

Dr.Neha sKothari (lecturer)

1. Rappoteur in national seminar on mahasrotovivechanam held in bmam,nagpur in September 2019
- 2.1st Prize in essay competition in 4th National Ayurveda Day, Regional centre Nagpur oct 2019.
- 3.1st Prize in Debate competition in 4th National Ayurveda Day, Regional centre Nagpur oct 2019.