



## Certificate of Publication

This certifies that the research paper entitled “**A study to assess the effectiveness of breath holding techniques on improving symptoms of respiratory disorder among people residing at selected rural area, puducherry**” authored by “**Mr. P. Mouleeswaran**” was reviewed by experts in this research area and accepted by the board of “Quest Journals Publication” which has published in “**Quest Journal of Medical and Dental Science Research**”, ISSN (Online): 2394-076X, ISSN (Print): 2394-0751, Volume-10, Issue-8, Page No.: 71-77, [2023].

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