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This certifies that the research paper entitled "A Study To Assess The Effectiveness Of 20-20-20 Rule To Prevent Eye Strain Among It Workers At Selected It Company, Puducherry" authored by "DR.S. NARMATHA" 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-11, Issue-6, Page No.: 154-159, [2024].

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