Certificate of Publication

Print ISSN No : 2250-1991

This is to certify that

Mr./Mrs./Ms./Prof./Dr. **Chirag Vipulbhai Erda**

has contributed a paper as author/ Co-author to

PARIPEX- INDIAN JOURNAL OF RESEARCH

A Peer Reviewed, Referred, Refereed & Indexed International Journal

Title "**Understanding Stress: Causes And Stress Management Strategies With Special Reference To Indian Culture**"

and has got published in volume **15**, Issue **03**, **March - 2026**

The Editor in Chief & The Editorial Board appreciate the Intellectual Contribution of the author/co-author

Executive Editor | Editor in Chief | Member, Editorial Board