



ISSN: 2322-0902 (PRINT)
ISSN: 2322-0910 (ONLINE)

International Journal of Ayurveda and Pharma Research

<https://ijapr.in>

Certificate Of Publication

Is hereby awarding this certificate to

NANDINI. M, SHEELA. S

In recognition of the publication of the Review Article entitled

“MENSTRUAL HYGIENE MANAGEMENT IN ADOLESCENCE: EDUCATIONAL INTERVENTIONS AND THEIR IMPACT”

Published in International Journal of Ayurveda and Pharma Research

VOLUME 13, ISSUE 12: DECEMBER 2025

**EDITOR-IN-CHIEF
IJAPR JOURNAL**

**PUBLICATION MANAGER
MAHADEV PUBLICATIONS**