

j kt Hou eavk kst r v k k k z I Ees u* eækuuh

j k t ; i ky egks; d k l aksu

121 fl r Ecj] 2023 1/2

Tk fguh!

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ft l e8Ayurveda and Yogic Wellness Principles v k] z
vk q] v] ; k] d dY; k k fl) k] Harmonising
Traditions: Synergy of Ayurveda and Modern Medicine
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jk d Fke] Wellness Sector in Uttarakhand: Opportunities
and Challenges mUj k[kM ea[kqky t hou {k v ol j
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i r a f y v k q z u s j k t ; d s u d o y v k d s l k s d k s
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Tk fglh!