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DR. DONA DAS SENGUPTA

In recognition of the publication of the paper entitled
**Comparative Effects of Yoga and Zumba on Physical Fitness and Psychological Well-Being: A
Narrative Review**

Published in Volume 11 Issue 1, January-2026, | Impact Factor: 9.15 by Google Scholar

Co-Authors - ARUNIMA MITRA, Neelam Bajaj



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