



ISSN: 2393-9583 (PRINT)  
ISSN: 2393-9591 (ONLINE)  
RNI No: TELENG/2014/60297

# AYUSHDHARA

International Journal of research in AYUSH & Allied Systems  
<https://ayushdhara.in>

## *Certificate Of Publication*

Is hereby awarding this certificate to

**ANITA M BELLAD, SANTOSH N BELAVADI**

In recognition of the publication of the Review Article entitled

**“NUTRITIONAL AND HEALTH BENEFITS OF MILLETS”**

Published in AYUSHDHARA Journal

**VOL 10, ISSUE 5: SEPTEMBER - OCTOBER 2023**

**EDITOR-IN-CHIEF  
AYUSHDHARA**

**PUBLICATION MANAGER  
MAHADEV PUBLICATIONS**