

PUBLICATION

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# Mercy P Varghese

For publishing in **Brio Innovative Journal of Novel Research (BIJNR)** 

"A Study To Asses The Knowledge And Practice Regarding Sleep Hygiene Among Young Adults In Selected Colleges, Thrissur"

Issue: 2 **Year:2024** Volume: 1

**Pub ID: BLINR202426** 

P E Salim Dr Bince V Head of Journal **Chief Editor** 











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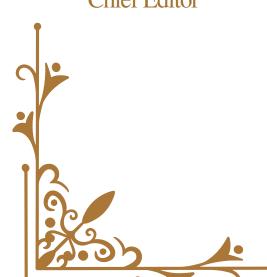
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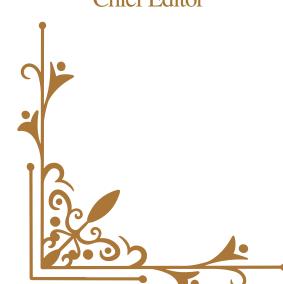
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