

**International Journal of Current  
Microbiology and Applied Sciences  
(IJCMAS) NAAS RATING-5.38, ICV-95.39**  
**ISSN: 2319-7692 (Print) ISSN 2319-7706 (Online)**

**An International, Monthly, Online, Free Access, Peer Reviewed,  
Indexed, fast track Scientific Research Journal**

**Certificate of Publication**

This is to certify that the following article reviewed by editorial board and published in International Journal of Current Microbiology and Applied Sciences (IJCMAS) ISSN: 2319-7692 (Print) ISSN 2319-7706 (Online).

Int.J.Curr.Microbiol.App.Sci.2018.7.(8):1076-1081

<https://doi.org/10.20546/ijcmas.2018.708.122>

Traditional Food and Health Practices during Post-Partum Period: A Study among Tribal Women of Fakir Gujri, District Srinagar, Jammu and Kashmir

Bhinish Shakeel<sup>1\*</sup>, Hummara Azim<sup>2</sup> and Nayeema Jabeen<sup>2</sup>

<sup>1</sup>Home Science Extension Education, Krishi Vigyan Kendra - Srinagar Shere Kashmir University of Agricultural Sciences and Technology (SKUAST-K) Kashmir, India

<sup>2</sup>Institute of Home Science, University of Kashmir, Hazratbal, J&K, India

<sup>3</sup>Department of Olericulture, Shere Kashmir University of Agricultural Sciences and Technology (SKUAST-K), India

*Dr. M. Prakash*  
*Editor-in-chief*

*International Journal of Current Microbiology and Applied Sciences*

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