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**IJRTI | IJRTI.ORG | ISSN: 2456-3315**

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The Board of  
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**P. Cecilia:**

In recognition of the publication of the paper entitled

**“ THE SILENT PRESSURE OF “SETTLING DOWN” IN YOUR 20S**

Published in Volume 11 Issue 2, February-2026

*Co-Authors - C. Nikhita, S. Sahasra, P. Sai  
Keerth, Guided by Dr. K. Meena Rani*

**Paper ID - IJRTI2602026**



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