

EVALUATION AND TREATMENT OF FATIGUE IN MULTIPLE SCLEROSIS: COMBINING PHYSICAL ACTIVITY AND ENERGY SAVING TECHNIQUES

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ABSTRACT

Most MS patients experience fatigue, and there aren't many possible treatments for the condition. While exercise treatment is a beneficial option, no systematic review has examined the literature evaluating the effect of exercise therapy on fatigue from multiple sclerosis. This study shows how people with multiple sclerosis use and see the common sense of energy-saving techniques subsequent to getting support in an energy-saving course. One hundred 130 participants finished a survey in regards to their utilization of energy-saving techniques. At least half of the members had employed all tactics recently and thought they were effective. Changing needs and standards lagged strategies that elaborated rest and appointment, which were used most often and assessed most highly. At that point, the most frequently accepted excuse for not implementing techniques was that members were already using them. Participating in an energy conservation training allowed people with multiple sclerosis to try out different new energy-saving techniques and report how effective they were.

Keywords: *Evaluation, Treatment, Fatigue, Multiple Sclerosis, Combining Physical Activity, Energy Saving, Techniques*

1. INTRODUCTION

A person with multiple sclerosis (MS) fatigue may experience a lack of energy, both mentally and physically, making it difficult to engage in daily activities. While optional fatigue is caused by factors such as contamination, poor sleep, spasticity, pain, and side effects from medications, essential fatigue is directly related to multiple sclerosis. In the best-case scenario,

modest and frequently absent is the effectiveness of both pharmacological and psychosocial interventions in counteracting MS fatigue. Although exercise therapy is an effective MS restoration method, its role in MS recovery has been questioned.

Demyelination of nerve cells and the subsequent scarring known as plaques are side effects of multiple sclerosis, which is a steady, unpredictable safe framework contamination of the engaged tactile framework. Vision issues, loss of equilibrium and coordination, quakes, slurred discourse, robustness, bladder issues, cognitive deficiencies, and depletion are common incidental effects. Clinical treatment plans to stifle the contamination or keep up with the harmony of the protected system, while different treatments focus on the disease's aftereffects.

Word-related therapy gives people MS with significant nonpharmacological interventions, for example, energy-saving strategies to assist them with dealing with the impacts of fatigue in their day to day routines. Planning for energy conservation generally involves showing individuals explicit social strategies for overseeing sleepiness, like separating weighty work into a few hours or booking some free time. In any case, not much data is accessible with respect to the purposes behind not utilizing these strategies or their appropriateness.

In people with MS, fatigue is common—it affects up to 80% of patients and can be severe in as many as 65–70% of cases. The definition of weariness is disputed, but it has a significant impact on how happy people with multiple sclerosis feel about themselves. It is typically divided thoroughly into mandatory and elective weariness.

The key irregularities for profound dark matter districts and brokenness of mind networks, including profound dark matter and cortex, are remembered by a few hypothesised components of obsessive cycles basic MS-related weariness, albeit they are not yet noteworthy. A recent survey research hypothesised that there may be a dopamine digesting irregularity at play in the association between these dim matter designs and fatigue associated to multiple sclerosis. Finding effective treatments for MS fatigue will require further research in this area.

2. LITERATURE REVIEW

Finlayson et al. (2012) worked with the examination of result middle people of a fatigue board program for MS patients. Their examination, which was distributed in the American Diary of Word-related Therapy, planned to recognize the factors that impact how practical chief fatigue programs are. The study utilized a far-reaching fatigue the board program that included

preparation, activity pacing, and energy-saving strategies. The program's suitability was coordinated by unambiguous portion and clinical viewpoints like age, level of disability, and despondency, as per the results. More youthful ages and lower handicap scores were related with additional articulated expansions in fatigue after the intercession. This study features the significance of fitting chief fatigue treatments to the novel attributes of every patient.

Goodman et al. (2015) analyzed the drawn-out wellbeing and reasonableness of dalfampridine for MS patients' strolling debilitation. Dalfampridine, otherwise called fampridine, is a potassium channel blocker that advances conduction in demyelinated axons, maybe prompting further developed ability to stroll and less fatigue. The results of two phase 3 clinical primer open-mark extensions were introduced in this Multiple Sclerosis study. Dalfampridine-treated participants showed supported upgrades in strolling pace and perseverance over the long haul, alongside an ideal security profile. Despite the fact that the essential result measure was strolling handicap, enhancements in ability to stroll could by implication add to a decrease in fatigue by expanding adaptability and freedom.

Hourihan (2015) gave a far-reaching outline of non-pharmacological ways to deal with overseeing fatigue in grown-ups with multiple sclerosis. The review, which was distributed in Nursing Standard, summed up different non-pharmacological methodologies, for example, care-based interventions, energy-saving techniques, exercise regimens, and cognitive-conduct therapy (CBT). To address the confounding idea of MS-related fatigue, the study featured the significance of a multidisciplinary methodology including word related subject matter experts, physiotherapists, and clinicians. Hourihan stressed the capability of non-pharmacological methodologies in propelling aftereffects connected with exhaustion and working on by and large prosperity, despite the fact that drug interventions are every now and again the focal point of exploration.

Krupp et al. (2010) remembered for the Expert Survey of Neurotherapeutics, a far-reaching survey on fatigue related with multiple sclerosis. They examined the complex idea of fatigue in multiple sclerosis, considering both required (straightforwardly connected with the ailment cycle) and discretionary (because of comorbidities, prescriptions, or way of life factors) parts. The review took a gander at a few hypotheses about the pathogenesis of fatigue in multiple sclerosis, like central tactile framework impedance, compounding, and dysregulation of

synaptic designs. Moreover, the creators tended to the evaluation and the leading body of fatigue, underscoring the worth of customized strategies based on understanding requirements.

Lublin et al. (2014) introduced the 2013 modifications to their paper distributed in *Sensory system Science*, which portrayed the clinical course of MS. Albeit not explicitly centred around sluggishness, this study gives significant bits of knowledge into the portability and clinical elements of MS, which are vital for understanding the setting in which fatigue emerges. The reconsidered clinical course definitions — moderate breaking faith MS, discretionary moderate, fundamental moderate, and losing the faith dispatching MS — give a system to surveying fatigue across various sickness stages and totals.

Mallik et al. (2005) directed a psychometric evaluation of the Energy Conservation Strategies Survey (ECSS), which was distributed in *Clinical Reclamation* as a feature of their examination. The ECSS is a self-report device intended to evaluate how well people with constant circumstances — including MS — use and carry out energy conservation techniques. The study analyzed the legitimacy and dependability of the ECSS and its subscales, which showed incredible psychometric characteristics. This gadget gives important bits of knowledge on the energy-saving ways of behaving embraced by people with multiple sclerosis (MS) and can illuminate future improvements in designated interventions to oversee fatigue.

3. METHODS

3.1. Design

This study was crucial for assessing the feasibility and viability of a 6-week energy conservation seminar on the influence of fatigue, personal satisfaction, and self-viability in a larger randomised controlled trial of 170 individuals with multiple sclerosis. Since they at last got comparative guidance and given a record of their impression of the reasonableness of the energy conservation estimates they had been educated, the participants who followed through with the jobs were all considered for this study. One of the main study variables that was revealed in this paper was the employment of energy saving techniques, which was assessed 1.5 months following the course support.

3.2. Participants

Consideration of participants took performed via mail from a mailing rundown of people who were individuals from the Public Multiple Sclerosis Society in Illinois and Minnesota between

January 2002 and February 2003. The individuals who were intrigued reached the endeavour bosses at every area, where they were given a telephone screening. The measures for thought were as per the following: the individual must be determined to have multiple sclerosis, be no less than eighteen years of age, exhibit functional capability in English, have a Fatigue Severity Scale (FSS) score of four or higher, have the option to live freely in their community, and allow to go to at least five out of six energy conservation gatherings.

People who fulfilled these measures were welcome to an in-person appraisal gathering with word-related trained professionals, when their cognitive capacities were surveyed utilizing various section information and four subtests from the Neuropsychological Assessing Battery for Multiple Sclerosis. Possible participants with moderate to extreme cognitive shortages were not permitted on the grounds that it was accepted that they wouldn't benefit as much from the course's social event structure. As shown, bombarding multiple cognitive subtests was the removed starting point for gentle cognitive impedance. Those that fulfilled the fuse estimates finished the Multiple Sclerosis Functional Composite (MSFC), gave clinical data, and finished the hidden evaluations for the bigger study. The IRB sheets at the different universities conceded moral authorization to direct the study, and every member marked a composed informed assent structure.

3.3. Energy Conservation Course

The 6-week community-based energy conservation preparing was produced for grown-ups encountering weariness connected with constant diseases. Each course comprised of six illustrations every week, enduring two hours each, and was very efficient, as nitty gritty in a going with manual. Twelve ensured word-related specialists directed a sum of twenty gatherings, each with seven to ten participants, at community areas like public libraries, sanctuaries, and the workplaces of the Public Multiple Sclerosis Society. Various educational strategies established on the hypothesis of psychoeducational bundle improvement were utilized in the energy conservation course. The courses included addresses, conversations, activity stations, characterizing both present moment and long-haul objectives, and schoolwork undertakings to help participants in integrating energy saving standards into their ordinary assignments. The points shrouded in the six gatherings incorporated the need of enjoying reprieves during the day, compelling and positive correspondence, legitimate body mechanics,

ergonomic standards, environmental change, need setting, activity examination and alteration, and a decent approach to everyday life.

3.4. Energy Conservation Strategies Survey

The authors of this article evaluated participants' utilization of the 14 recommended energy conservation techniques that were featured during the course utilizing the Energy Conservation Strategies Survey (ECSS). Every one of the 14 strategies were recorded on the survey, and 1.5 months following the preparation, participants recognized whether they had involved each recommended system as an immediate consequence of the preparation. On a scale of 1 (not enticing) to 10 (extremely strong), participants likewise noticed the framework's clear practicality and its common reason. On the off chance that they didn't follow the philosophy, they gave a clarification by writing in their clarification or by checking on a rundown of normal defenses, for example, "didn't figure it would have an effect," "didn't endeavour it," or "recently did this before the course." The steady nature of the test-retest was seen in 53 subjects, exhibiting a palatable interclass relationship of .79. The inner consistency esteem was $\alpha = .92$, demonstrating that each intercession focuses on the unobtrusive personal conduct standards that people ought to change as a feature of the readiness process.

4. DATA ANALYSIS AND RESULTS

The ECSS results were expressively inspected. Implies were determined for appraisals of clear ampleness, and frequencies and rates for the utilization and non-utilization of energy conservation approaches were laid out.

Table 1 records the essential attributes of 130 examination participants, including data on their age, orientation character, ethnicity, kind of multiple sclerosis (MS), level of education, business position, and different variables influencing fatigue. Participants' ages ran generally in age, with a mean of 50.3 years and a standard deviation (SD) of 9.2 years. With a standard deviation of 0.8 and a mean Fatigue Severity Scale (FSS) score of 6.10, participants give off an impression of being modestly fatigued. Most of patients experienced side effects for 16.2 years, and they were read up for 10.4 years, demonstrating a significant span of living with multiple sclerosis.

As far as course, most of participants are female (81.2%), which is steady with the higher commonness of MS in ladies contrasted with men. With similarly low portrayals from African

American, Hispanic, and other ethnic gatherings, the ethnic piece is supernaturally White (90.6%). The model represents the assortment of MS presentations. The most widely recognized MS type is Losing the faith/Communicating (63.2%), trailed by Discretionary Moderate (18.2%) and Fundamental Moderate (5.1%).

Participants' educational foundations fluctuate; of them, 58.8% have over 15 years of tutoring, trailed by 35.8% with 12 to 15 years and a lower rate (5.4%) with under 12 years. Business status mirrors various circumstances, with 25.6% of individuals working all day, 15.7% working part time, and more moderate numbers in different classes, like retirement, joblessness from ailment or inadequacy, and handicap.

Moreover, 24% of participants notice a few factors that influence fatigue, proposing the intricacy of fatigue no matter how you look at it in MS past fragment and clinical contemplations. Generally, the portion credits give a thorough portrayal of the exploration test, featuring the fluctuation of MS side effects and their effect on a few parts of participants' lives, like rest, work, and education. It's critical to appreciate these section factors to fit interventions and backing administrations to the different requirements of MS patients. Table 1 shows the attributes of participants who effectively finished the ECSS.

Table 1: Participants' Demographic Characteristics (N = 130)

Characteristic	Mean	SD
Age (in years)	50.3	9.2
FSS score	6.10	0.8
Years since symptoms started	16.2	11.1
Years since diagnosis	10.4	8.5
MSFC score	-0.97	2.18
	N	%
Gender		
Women	102	81.2
Men	28	18.8
Ethnicity		
White	117	90.6
African American	7	9.19

Hispanic	2	0.7
Other	2	0.7
No response	2	0.7
Type of multiple sclerosis		
Relapsing/Remitting	81	63.2
Secondary progressive	23	18.2
Primary progressive	7	5.10
Progressive relapsing	2	2.2
Unknown	17	11.3
Education		
>15 years	74	58.8
12–15 years	48	35.8
<12 years	8	5.4
Employment status		
Full-time (≥ 40 hrs/wk)	36	25.6
Part-time (20–39 hrs/wk)	19	15.7
Part-time (1–19 hrs/wk)	11	9.2
Retired	10	8.4
Unemployed (chose not to work)	8	6.6
Unemployed (unable to work)	4	3.4
Disability	38	31.1
Other factors affecting fatigue	30	24.0

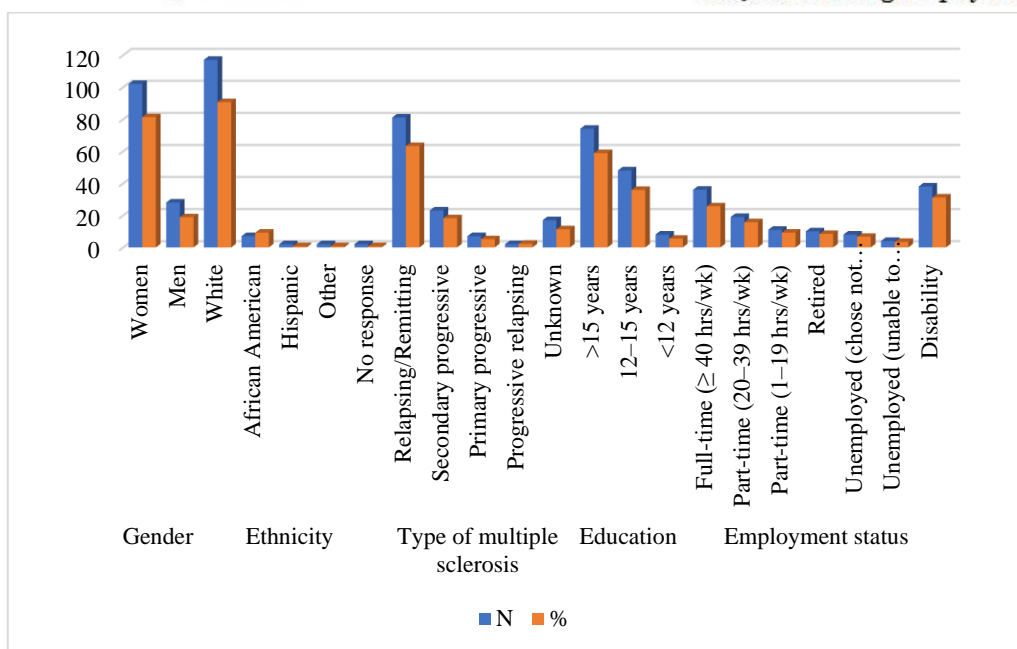


Figure 1: Graphically Representation of Demographic and Clinical Characteristics of Participants with Multiple Sclerosis.

Table 2 presents the energy saving strategies used by participants (N = 130) and their feasibility as a result of a course or mediation. For persons with multiple sclerosis (MS), these techniques are crucial for managing their energy levels and reducing fatigue. The table provides information on the quantity and quality of participants who used each system, along with their assessments of its apparent suitability.

Table 2: Utilisation and Perceived Efficiency of Energy-Saving Techniques Put into Practice as a Result of the Course (N = 130)

Energy Conservation Behaviours	Implemented Strategy		Perceived Effectiveness Rating	
	N	%	X	SD
Changed body position for certain activities*	103	84	8.1	3.3
Planned the day to balance rest and work*	99	81	8.9	3.1
Modified frequency or outcome standards*	98	80	8.3	3.2
Included rest periods in the day or at least 1 hour*	95	77	9.3	2.9
Adjusted priorities*	93	76	8.5	3.2
Simplified activities*	92	75	8.4	3.3

Communicated needs for assistance*	91	74	8.2	3.5
Rested during longer activities*	89	72	8.10	2.8
Changed location of equipment/supplies	86	70	8.3	3.4
Delegated part or all of an activity	83	68	8.8	3.2
Eliminated part or all of an activity*	80	65	8.4	3.2
Identified and changed incorrect work heights*	71	58	8.2	3.1
Changed the time of day of an activity*	64	52	8.5	2.9
Started using adapted equipment	61	50	8.5	3.3

Among the most frequently involved strategies incorporate changing body position for specific exercises (84% of participants), arranging the day to adjust work and rest (81%), and altering repeat or result standards (80%). These strategies intend to improve energy productivity and focus on exercises as per individual requirements and capacities. Most participants view these strategies as fruitful, and feasibility evaluations expanded from 8.1 to 9.3 out of 10, demonstrating a more significant level of fulfilment with the results.

Other usually utilized strategies incorporate enjoying short reprieves during the day, now and again enduring an hour (77%), changing requests (76%), and zeroing in on exercise (75%). Likewise, resting all through lengthier exercises (72%) and relating with needs for help (74%), are regularly utilized strategies to control energy and oversee depletion.

Strategies that are less every now and again utilized incorporate improving the area of gear and supplies (70%), assigning some or the entirety of an activity (68%), and killing some or the entirety of an activity (65%). Albeit less famous, these strategies get typically high seen sufficiency appraisals, exhibiting their value in overseeing fatigue and working on day to day working for people with multiple sclerosis.

A couple of strategies, such distinguishing and modifying mistaken work levels (58%) and changing the activity's season of day (52%), are executed by less people yet are by the by remembered to be powerful when applied. Moreover, embracing adjusted equipment (half) is one more process that is viewed as powerful in decreasing energy utilization and working with task culmination, despite the fact that it isn't quite as generally took on as it used to be.

The table 2 shows the assortment of energy-saving techniques that MS participants utilize as well as how well they appear to oversee fatigue and work on day to day exercise schedules. These discoveries highlight the significance of custom-made treatments and educational drives pointed toward showing MS patients how to actually deal with their energy levels and upgrade their personal satisfaction.

5. DISCUSSION

The primary goal of teaching individuals with multiple sclerosis energy conservation standards and arrangements is to encourage social and ecological changes that screen energy and spotlight on routine execution and life quality. Energy conservation arranging is based on the conviction that individuals can gain energy conservation techniques, apply them, and decrease exhaustion, prompting expanded individual fulfilment. This exploration was pivotal to a bigger study that found a 6-week energy conservation course really diminished the effect of exhaustion and worked on certain parts of individual joy, most remarkably vitality.

The study analyzed the utilization of energy-saving techniques canvassed in the six-week course and the apparent reasonableness of every system. Participants took in the energy-saving techniques shrouded in the course and set a considerable lot of these new techniques up as a regular occurrence in their day to day routines, it were unbelievably successful to report that these techniques. Strategies that included unwinding appeared to be the best and broadly utilized, particularly while arranging the day to join unwinding and work in an amicable manner. Changing standards and requests were likewise oftentimes utilized in this study, however they were considered less viable than resting techniques.

The most often involved strategy included transforming one's body positions for specific exercises, which was utilized less regularly than different methodologies. To effectively utilize this technique over the span of a day, participants might require additional time and input, alert, and changing body represent multiple times over the course of the day, as well as natural backings like appropriately fitting seats.

The most ordinarily acknowledged clarification for not including a strategy in light of the course was that they were utilizing it at that point. Before the day's over, many had either gained something from another person or sorted out a portion of the energy-saving techniques shrouded in the seminar all alone. Throughout the span of a day, a few strategies may be utilized

regularly, however others are more compelled, and in the event that they were at that point being used, there's to a lesser degree a need to execute new improvements. Low-repeat strategies, like doling out or taking out exercise, revising the working day, or changing work levels, must be utilized a couple of times and rely upon natural or social help, for example, relatives who can be relegated to and occupations that consider adaptable booking.

Energy conservation education is a possible answer for fatigued individuals and might be similarly as crucial for their supervisors and families. Basic backings, for example, organizations giving ergonomically proper work areas and adaptable timetables to consider personal time, could have a tremendous effect.

6. CONCLUSION

In conclusion, the study discovered that a six-week community-based energy conservation education program was valuable in cultivating social and natural changes that screen energy and spotlight on routine execution and life quality. The evaluation and treatment of fatigue in multiple sclerosis (MS) shows a potential system that combines energy-saving measures with physical exercise in a multi-layered approach. People with MS can optimise their energy use and improve their physical and overall well-being by combining specialised exercise programmes with practical energy-saving strategies. This all-inclusive approach promotes self-management and community building within the MS community while also addressing the weariness side effect. Additionally, it emphasises the value of personalised care plans that consider each individual's unique needs and abilities, so promoting a comprehensive and sustainable approach to managing fatigue in relation to multiple sclerosis.

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