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THIS CERTIFIES THAT

DR. NEETU JOSHI

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**EFFECT OF YOGA AND AEROBIC EXERCISES ON PSYCHOLOGICAL PARAMETERS OF COLLEGE
GIRLS WITH IRREGULAR MENSTRUATION CYCLE**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 6 , Issue – 6 Jun , 2015



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