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THIS CERTIFIES THAT

SANDEEP KUMARI

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**EFFECT OF YOGIC EXERCISE (SURYANAMASKAR) ON HEALTH RELATED COMPONENT OF
PHYSICAL FITNESS 'FLEXIBILITY' AS VARIABLES AMONG TAEKWONDO FEMALE PLAYERS**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

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Editor in Chief





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DR. JITENDRA KUMAR THAKUR

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