

INTERNATIONAL RESEARCH JOURNAL OF COMMERCE, ARTS AND SCIENCE

An Internationally Indexed Peer Reviewed & Refereed Journal

Impact Factor*: 6.1641 Ref:CASIRJ/2019/A108089

DOI: HTTPS://DOI.ORG/10.32804/CASIRJ ISSN 2319 – 9202 (O)

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SANDEEP KUMARI

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

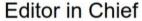
EFFECT OF YOGIC EXERCISE (SURYANAMASKAR) ON HEALTH RELATED COMPONENT OF PHYSICAL FITNESS 'FLEXIBILITY' AS VARIABLES AMONG TAEKWONDO FEMALE PLAYERS

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN Vol - 10, Issue - 5 May, 2019























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THIS CERTIFIES THAT

DR. JITENDRA KUMAR THAKUR

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

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