IJCRT.ORG ISSN: 2320-2882



INTERNATIONAL JOURNAL OF CREATIVE **RESEARCH THOUGHTS (IJCRT)**

An International Open Access, Peer-reviewed, Refereed Journal

Ref No: IJCRT/Vol 1 / Issue 2 / 039

To,

Randhir Singh

Subject: Publication of paper at International Journal of Creative Research Thoughts.

Dear Author,

With Greetings we are informing you that your paper has been successfully published in the International Journal of Creative Research Thoughts - IJCRT (ISSN: 2320-2882). Thank you very much for your patience and cooperation during the submission of paper to final publication Process. It gives me immense pleasure to send the certificate of publication in our Journal. Following are the details regarding the published paper.

About IJCRT : Scholarly open access journals, Peer-reviewed, and Refereed Journals, Impact

> factor 7.97 (Calculate by google scholar and Semantic Scholar | AI-Powered Research Tool), Multidisciplinary, Monthly, Indexing in all major database & Metadata, Citation Generator, Digital Object Identifier(DOI) | UGC Approved

Journal No: 49023 (18)

Registration ID: IJCRT_190976 Paper ID : IJCRT1033039

Title of Paper : EFFECT OF YOGA TRAINING ON HANDGRIP, RESPIRATION AND

BLOOD PRESSURE

Impact Factor : 7.97 (Calculate by Google Scholar) | License by Creative Common 3.0

Publication Date: 10-August-2018

DOI

Published in : Volume 1 | Issue 2 | April 2013

: 65-69 Page No

Published URL: http://www.ijcrt.org/viewfull.php?&p_id=IJCRT1033039

Authors : Randhir Singh

Notification : UGC Approved Journal No: 49023 (18)

Thank you very much for publishing your article in IJCRT.

International Journal of Creative Research Thoughts - IJCRT

(ISSN: 2320-2882)















Creative Resea



