ISSN: 2320-2882 **IJCRT.ORG**



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

An International Open Access, Peer-reviewed, Refereed Journal

Ref No: IJCRT/Vol 10/ Issue 11/169

Dr. Kunvar 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_227448 Paper ID : IJCRT2211169

Title of Paper : EFFECT OF EIGHT WEEKS PRANAYAMA PRACTICES ON PULSE

RATE, BODY MASS INDEX AND BREATHE HOLDING CAPACITY OF

UNIVERSITY STUDENTS

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

Publication Date: 10-November-2022

DOI

Published in : Volume 10 | Issue 11 | November 2022

: b516-b522 Page No

Published URL: http://www.ijcrt.org/viewfull.php?&p_id=IJCRT2211169

: Dr. Kunvar Singh Authors

: UGC Approved Journal No: 49023 (18) Notification

Thank you very much for publishing your article in IJCRT.

International Journal of Creative Research Thoughts - IJCRT

(ISSN: 2320-2882)





















