



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Ref No : IJCRT/Vol 9 / Issue 10/ 395

To,  
Asmat Qadir

**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\_212906

Paper ID : IJCRT2110395

Title of Paper : A PRE-EXPERIMENTAL STUDY TO ASSESS EFFECTIVENESS OF MUSCLE RELAXATION TECHNIQUE ON PAIN DURING MENSTRUATION AMONG ADOLESCENT GIRLS FACING DYSMENORRHEA AT SELECTED HIGH SCHOOL KAWAR KISHTWAR, JAMMU & KASHMIR.

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

Publication Date: 31-October-2021

DOI :

Published in : Volume 9 | Issue 10 | October 2021

Page No : d365-d372

Published URL : [http://www.ijcrt.org/viewfull.php?&p\\_id=IJCRT2110395](http://www.ijcrt.org/viewfull.php?&p_id=IJCRT2110395)

Authors : Asmat Qadir, Ms. Sukhmanpreet Kaur, Prof. Deepak K. Shandilya

Notification : UGC Approved Journal No: 49023 (18)

Thank you very much for publishing your article in IJCRT.

Editor In Chief

International Journal of Creative Research Thoughts - IJCRT  
(ISSN: 2320-2882)



An International Scholarly, Open Access, Multi-disciplinary, Monthly, Indexing in all major database & Metadata, Citation Generator

Website: [www.ijcrt.org](http://www.ijcrt.org) | Email: [editor@ijcrt.org](mailto:editor@ijcrt.org)