



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

An International Open Access, Peer-reviewed, Refereed Journal

The Board of
International Journal of Creative Research Thoughts
Is hereby awarding this certificate to

Asmat Qadir

In recognition of the publication of the paper entitled
**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.**

Published In IJCRT (www.ijert.org) & 7.97 Impact Factor by Google Scholar

Volume 9 Issue 10 October 2021 Date of Publication: 31-October-2021

PAPER ID : IJCRT2110395

Registration ID : 212906

UGC Approved Journal No: 49023 (18)

EDITOR IN CHIEF

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 Journal



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | IJCRT
An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal
Website: www.ijcrt.org | Email id: editor@ijcrt.org | ESTD: 2013





INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

An International Open Access, Peer-reviewed, Refereed Journal

The Board of
International Journal of Creative Research Thoughts
Is hereby awarding this certificate to

Ms. Sukhmanpreet Kaur

In recognition of the publication of the paper entitled
**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.**

Published In IJCRT (www.ijert.org) & 7.97 Impact Factor by Google Scholar

Volume 9 Issue 10 October 2021, Date of Publication: 31-October-2021

PAPER ID : IJCRT2110395

Registration ID : 212906

UGC Approved Journal No. 49023 (18)

EDITOR IN CHIEF

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 Journal



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | IJCRT
An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal



Website: www.ijcrt.org | Email id: editor@ijcrt.org | ESTD: 2013



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

An International Open Access, Peer-reviewed, Refereed Journal

The Board of
International Journal of Creative Research Thoughts
Is hereby awarding this certificate to

Prof. Deepak K. Shandily

In recognition of the publication of the paper entitled
**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.**

Published In IJCRT (www.ijert.org) & 7.97 Impact Factor by Google Scholar

Volume 9 Issue 10 October 2021, Date of Publication: 31-October-2021

PAPER ID : IJCRT2110395

Registration ID : 212906

UGC Approved Journal No. 49023 (18)

EDITOR IN CHIEF

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 Journal



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | IJCRT
An International Scholarly, Open Access, Multi-disciplinary, Indexed Journal



Website: www.ijcrt.org | Email id: editor@ijcrt.org | ESTD: 2013