



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

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

**Dr. Megha Vora**

In recognition of the publication of the paper entitled  
**A COMPARATIVE STUDY OF THE FOAM ROLLER VERSUS MYOFASCIAL  
RELEASE TECHNIQUE ON HAMSTRING FLEXIBILITY IN COLLEGE GOING  
STUDENTS USING SIT AND REACH TEST.**

Published In IJCRT ( [www.ijert.org](http://www.ijert.org) ) & 7.97 Impact Factor by Google Scholar

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