



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

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The Board of  
International Journal of Creative Research Thoughts  
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**P. Barath**

In recognition of the publication of the paper entitled  
**EFFECT OF WEIGHT TRAINING AND YOGA PRACTICE AND COMBINATION  
OF WEIGHT TRAINING PLYOMETRIC TRAINING AND YOGA PRACTICES  
ON LEG STRENGTH AND VITAL CAPACITY**

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

Volume 10 Issue 3 March 2022 , Date of Publication: 25-March-2022

UGC Approved Journal No: 49023 (18)

PAPER ID : IJCRT2203475

Registration ID : 217318

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



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