



# 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

**NAGPAL YOGITA M**

In recognition of the publication of the paper entitled  
**THE EFFECT OF MUSCLE ENERGY TECHNIQUE ON CALF MUSCLE FLEXIBILITY, STRENGTH AND ENDURANCE IN AMATEUR FOOTBALL PLAYERS PLAYING ON DIRT FIELD- ONE GROUP PRETEST AND POSTTEST STUDY**

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

Volume 11 Issue 7 July 2023 , Date of Publication: 02-July-2023

PAPER ID : IJCRT2307129

Registration ID : 240608

UGC Approved Journal No: 49023 (18)

EDITOR IN CHIEF

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