



# 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

**\*Neha Waghmare**

In recognition of the publication of the paper entitled  
**Short Term Effects Of Swiss Ball Exercises Along With Diaphragmatic Breathing Exercise On Body Composition And Quality Of Life In Subjects With Clinically Diagnosed Polycystic Ovarian Syndrome**

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

Volume 11 Issue 12 December 2023 , Date of Publication: 06-December-2023

UGC Approved Journal No: 49023 (18)

PAPER ID : IJCRT2312124

Registration ID : 247398

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