Publication Certificate of



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

Komma Parthasarathi

In recognition of the publication of the paper entitled

EFFECT OF TWO METHODS OF CIRCUT TRAINING COMBINED WITH ASANAS AND PRANAYAMA PRACTICE ON CARDIORESPIRATORY ENDURANCE AND BODY MASS INDEX OF SCHOOL GIRLS

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

Volume 11 Issue 5 May 2023, Date of Publication: 27-May-2023

UGC Approved Journal 19023 (18)

PAPER ID: IJCRT23A5158

Registration ID: 238194

Scholarly open access journals, Peer-reviewed, and Refereed Journals, Impact factor 7.97 (Calculate by google scholar and Semantic Scholar | Al-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



EDITOR'IN CHIEF

Publication Certificate of



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

And Dr.M.Siva Sankar Reddy

In recognition of the publication of the paper entitled

EFFECT OF TWO METHODS OF CIRCUT TRAINING COMBINED WITH ASANAS AND PRANAYAMA PRACTICE ON CARDIORESPIRATORY ENDURANCE AND BODY MASS INDEX OF SCHOOL GIRLS

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

Volume 11 Issue 5 May 2023, Date of Publication: 27-May-2023

UGC Approved Journal 13, 49023 (18)

PAPER ID: IJCRT23A5158

Registration ID: 238194

Scholarly open access journals, Peer-reviewed, and Refereed Journals, Impact factor 7.97 (Calculate by google scholar and Semantic Scholar | Al-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



EDITOR IN CHIEF