



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Ref No : IJCRT/Vol 13/ Issue 10/ 840

To,
Javaid Ahmad Mir

Subject: Publication of paper at International Journal of Creative Research Thoughts.

Dear Author,

With Greetings we are informing you that your paper has been successfully published in the International Journal of Creative Research Thoughts - IJCRT (ISSN: 2320-2882). Thank you very much for your patience and cooperation during the submission of paper to final publication Process. It gives me immense pleasure to send the certificate of publication in our Journal. Following are the details regarding the published paper.

About IJCRT : 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, Indexing in all major database & Metadata, Citation Generator, Digital Object Identifier(DOI) | UGC Approved Journal No: 49023 (18)

Registration ID : IJCRT_296030

Paper ID : IJCRT2510840

Title of Paper : Integrating Progressive Muscle Relaxation through mHealth: Conceptual Development of the "Relaxed Moms" Application for Stress Reduction in Primigravidae

Impact Factor : 7.97 (Calculate by Google Scholar) | License by Creative Common 3.0

Publication Date: 30-October-2025

DOI : <https://doi.org/10.56975/ijcrt.v13i10.296030>

Published in : Volume 13 | Issue 10 | October 2025

Page No : h214-h217

Published URL : http://www.ijcrt.org/viewfull.php?p_id=IJCRT2510840

Authors : Javaid Ahmad Mir, Manju Chhugani, Aamir Malik

Notification : UGC Approved Journal No: 49023 (18)

Thank you very much for publishing your article in IJCRT.

Editor In Chief

International Journal of Creative Research Thoughts - IJCRT
(ISSN: 2320-2882)



An International Scholarly, Open Access, Multi-disciplinary, Monthly, Indexing in all major database & Metadata, Citation Generator

Website: www.ijcrt.org | Email: editor@ijcrt.org