ISSN: 2320-2882 **IJCRT.ORG** 



## INTERNATIONAL JOURNAL OF CREATIVE **RESEARCH THOUGHTS (IJCRT)**

An International Open Access, Peer-reviewed, Refereed Journal

Ref No: IJCRT/Vol 13/ Issue3 / 018

Tanaji Vinodrao Bayskar

**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\_277359 Paper ID : IJCRTAX02018

Title of Paper : HARMONIZING STRENGTH AND FLEXIBILITY: THE

COMPLEMENTARY ROLES OF MALLAKHAMB AND YOGA IN

**BUILDING PHYSICAL RESILIENCE** 

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

Publication Date: 10-March-2025

DOI

Published in : Volume 13 | Issue 3 | March 2025

Page No : 85-94

Published URL: http://www.ijcrt.org/viewfull.php?&p\_id=IJCRTAX02018

: Tanaji Vinodrao Bayskar, Dr. Avinash Asnare, 3Pushpak Pradiprao Khonde Authors

: UGC Approved Journal No: 49023 (18) Notification

Thank you very much for publishing your article in IJCRT.

International Journal of Creative Research Thoughts - IJCRT

(ISSN: 2320-2882)































Creative Resea