



# 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

**Dr. Barkha Bhardwaj**

In recognition of the publication of the paper entitled

## **EFFECT OF CIRCUIT TRAINING ON SPEED AND EXPLOSIVE STRENGTH OF COLLEGE FEMALE STUDENTS**

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

Volume 12 Issue 1 January 2024 , Date of Publication: 05-January-2024

UGC Approved Journal No: 49023 (18)



  
EDITOR IN CHIEF

PAPER ID : IJCRT2401877

Registration ID : 273524

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 Journal



Website: [www.ijcrt.org](http://www.ijcrt.org) | Email id: [editor@ijcrt.org](mailto:editor@ijcrt.org) | ESTD: 2013