



# 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. VIPIN BELDAR**

In recognition of the publication of the paper entitled  
**Immediate Effects of Myofascial Release Technique on Muscle Flexibility,  
Vertical Jump Height performance in Recreational Badminton Players :**  
**Pilot study**

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

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