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The Board of  
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**Dr Shruti Wani (PT)**

In recognition of the publication of the paper entitled  
**Immediate Effect Of Active Release Technique Versus Percussive Therapy  
By Massage Gun On Hamstring Muscle Tightness Among Young Adults**

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

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