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The Board of  
International Journal of Creative Research Thoughts  
Is hereby awarding this certificate to

**Tanaji Vinodrao Bayskar**

In recognition of the publication of the paper entitled  
**HARMONIZING STRENGTH AND FLEXIBILITY: THE COMPLEMENTARY  
ROLES OF MALLAKHAMB AND YOGA IN BUILDING PHYSICAL  
RESILIENCE**

Published In IJCRT ( www.ijert.org ) & 7.97 Impact Factor by Google Scholar

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