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THIS CERTIFIES THAT

DR. KISHORE MARU

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

HOLISTIC EFFECT OF RESISTANCE, AEROBIC AND YOGA TRAINING ON SELECTED PHYSICAL FITNESS, PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF SECONDARY SCHOOL BOYS OF AGE 14 TO 16 YEARS

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

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