

INTERNATIONAL RESEARCH JOURNAL OF MANAGEMENT SOCIOLOGY & HUMANITIES

An Internationally Indexed Peer Reviewed & Refereed Journal



Impact Factor* : 3.7401

Ref:IRJMSH/2015/A103567

DOI : [HTTPS://DOI.ORG/10.32804/IRJMSH](https://doi.org/10.32804/IRJMSH)

ISSN 2277 – 9809 (0) 2348 - 9359 (P)

THIS CERTIFIES THAT

DR RAJEEV SRIVASTAVA

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**EFFECT OF PILATES CALISTHENICS AND COMBINATION OF PILATES AND CALISTHENICS
EXERCISE ON SELF-CONCEPT & SELF-ESTEEM OF SCHOOL BOYS**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 6 , Issue – 6 Jun , 2015



Editor in Chief

www.IRJMSH.com



Computer Science Directory

