

# INTERNATIONAL RESEARCH JOURNAL OF MANAGEMENT SOCIOLOGY & HUMANITIES

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THIS CERTIFIES THAT  
**VIJENDRA YADAV**  
HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON  
**EFFECT OF CONTRAST BATH IN ACCELERATION OF RECOVERY AFTER BOUT ON MALE JUDOKA**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN  
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