

## INTERNATIONAL RESEARCH JOURNAL OF COMMERCE, ARTS AND SCIENCE

An Internationally Indexed Peer Reviewed & Refereed Journal

Impact Factor\*: 2.9301 Ref:CASIRJ/2014/A1018095

ISSN 2319 - 9202 (O) DOI: HTTPS://DOI.ORG/10.32804/CASIRJ

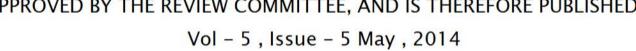
THIS CERTIFIES THAT

DR. MOHD. TARIQ

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

EFFECT OF PLYOMETRIC TRAINING AND WEIGHT TRAINING ON VERTICAL JUMPING ABILITY OF PHYSICAL EDUCATION STUDENTS

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN







**Editor in Chief** 









