



INTERNATIONAL RESEARCH JOURNAL OF COMMERCE, ARTS AND SCIENCE

An Internationally Indexed Peer Reviewed & Refereed Journal

Impact Factor* : 2.9301

Ref: CASIRJ/2014/A1018095

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

ISSN 2319 – 9202 (O)

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

Vol – 5 , Issue – 5 May , 2014



Editor in Chief

