



INTERNATIONAL RESEARCH JOURNAL OF COMMERCE, ARTS AND SCIENCE

An Internationally Indexed Peer Reviewed & Refereed Journal

Impact Factor* : 2.9301

Ref: CASIRJ/2016/A104662

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

ISSN 2319 – 9202 (O)

THIS CERTIFIES THAT

JASWINDER KAUR

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

EFFECT OF YOGASANA ON CARDIOVASCULAR ENDURANCE IN WOMEN PLAYERS

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 7 , Issue – 4 Apr , 2016



Editor in Chief

