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THIS CERTIFIES THAT

DR. SONIA SHALINI

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

EFFECT OF SIX WEEKS STEP AEROBIC TRAINING ON SELECTED KINETIC (GROUND REACTION FORCE) AND KINEMATIC (TEMPORAL) VARIABLES OF FEMALE WITH A STEP HEIGHT OF 8 INCHES AND STEPPING WITH VERY HIGH INTENSITY OF 126 BEATS PER MINUTE

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

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Editor in Chief

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