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CERTIFICATE

This is to certify that the research paper entitled

**Effect of Surya Namaskar by Yogic Practice on
Heart Rate and Flexibility**

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Paper was reviewed by double blind peer review committee. The paper is original and innovative. It is published in **International Multidisciplinary e-Journal, ISSN 2277- 4262. Scientific Journal Impact Factor : 5.744. Vol-9, Issue-XII, Dec, 2020.**

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