

# INTERNATIONAL RESEARCH JOURNAL OF MANAGEMENT SOCIOLOGY & HUMANITIES

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THIS CERTIFIES THAT

**DR. KULWINDER PAL SINGH MAHI**

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**EFFECT OF SELECTED YOGIC EXERCISES ON STRESS OF INTER-COLLEGIATE MALE  
VOLLEYBALL PLAYERS**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 14 , Issue – 11 Nov , 2023



Editor in Chief

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