



ISSN No. : 2321-9653

IJRASET

**International Journal for Research in Applied
Science & Engineering Technology**

IJRASET is indexed with Crossref for DOI-DOI : 10.22214

Website : www.ijraset.com, E-mail : ijraset@gmail.com

Certificate

It is here by certified that the paper ID : IJRASET58339, entitled

*"Effect of Suryanamaskar Training on Flexibility Enhancement in Young Players: A
Pre-Post Intervention Study"*

by

Gurubasavaraj G

*after review is found suitable and has been published in
Volume 12, Issue II, February 2024
in*

*International Journal for Research in Applied Science &
Engineering Technology*

(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors

By [Signature]

Editor in Chief, IJRASET



ISRA Journal Impact
Factor: 7.429



45.98
INDEX COPERNICUS



THOMSON REUTERS
Researcher ID: N-9681-2016



10.22214/IJRASET
doi
crossref



TOGETHER WE REACH THE GOAL
SJIF 7.429



ISSN No. : 2321-9653

IJRASET

**International Journal for Research in Applied
Science & Engineering Technology**

IJRASET is indexed with Crossref for DOI-DOI : 10.22214

Website : www.ijraset.com, E-mail : ijraset@gmail.com

Certificate

*It is here by certified that the paper ID : IJRASET58339, entitled
"Effect of Suryanamaskar Training on Flexibility Enhancement in Young Players: A
Pre-Post Intervention Study"*

*by
Sanjay Singh Chauhan*

*after review is found suitable and has been published in
Volume 12, Issue II, February 2024
in*

*International Journal for Research in Applied Science &
Engineering Technology*

(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors

ISRA
JIF

ISRA Journal Impact
Factor: 7.429



45.98
INDEX COPERNICUS



THOMSON REUTERS
Researcher ID: N-9681-2016



10.22214/IJRASET



TOGETHER WE REACH THE GOAL
SJIF 7.429

By [Signature]

Editor in Chief, IJRASET



ISSN No. : 2321-9653

IJRASET

**International Journal for Research in Applied
Science & Engineering Technology**

IJRASET is indexed with Crossref for DOI-DOI : 10.22214

Website : www.ijraset.com, E-mail : ijraset@gmail.com

Certificate

*It is here by certified that the paper ID : IJRASET58339, entitled
"Effect of Suryanamaskar Training on Flexibility Enhancement in Young Players: A
Pre-Post Intervention Study"*

*by
L S Biradar*

*after review is found suitable and has been published in
Volume 12, Issue II, February 2024
in*

*International Journal for Research in Applied Science &
Engineering Technology*

(International Peer Reviewed and Refereed Journal)

Good luck for your future endeavors

ISRA
JIF

ISRA Journal Impact
Factor: 7.429



45.98
INDEX COPERNICUS



THOMSON REUTERS
Researcher ID: N-9681-2016



10.22214/IJRASET



TOGETHER WE REACH THE GOAL
SJIF 7.429

By [Signature]

Editor in Chief, IJRASET