



# INTERNATIONAL RESEARCH JOURNAL OF COMMERCE, ARTS AND SCIENCE

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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

Vol - 8 , Issue - 11 Nov , 2017



Editor in Chief





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**RAGHVENDRA SHUKLA**

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**DR. DHANANJOY SHAW**

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