Certificate of Publication

Print ISSN No : 2277-8160

This is to certify that

Mr./Mrs./Ms./Prof./Dr. **Sonika Choudhary**

has contributed a paper as author/ Co-author to

GLOBAL JOURNAL FOR RESEARCH ANALYSIS

A Peer Reviewed, Referred, Refereed & Indexed International Journal

Title " **Effects Of Yogic Asanas, Pranayam & Relaxation Techniques On Ventilatory Functions, Respiratory Pressures, Breath Holding Time And Respiratory Endurance** *"*

and has got published in volume **12**, *Issue* **04**, **April-2023**

The Editor in Chief & The Editorial Board appreciate the Intellectual Contribution of the author/co-author

Executive Editor *Editor in Chief* *Member, Editorial Board*