



Journal of Emerging Technologies and Innovative Research

An International Open Access Journal Peer-reviewed, Refereed Journal

www.jetir.org | editor@jetir.org **An International Scholarly Indexed Journal**

Certificate of Publication

The Board of

Journal of Emerging Technologies and Innovative Research (ISSN : 2349-5162)

Is hereby awarding this certificate to

Sunil kumar

In recognition of the publication of the paper entitled

Effect of Uphill Running Training and Staircase Training on Lean Body Mass, Fat Mass, Vital Capacity and Resting Heart Rate of Male Sportsmen

Published In JETIR (www.jetir.org) ISSN UGC Approved (Journal No: 63975) & 7.95 Impact Factor

Published in Volume 5 Issue 11 , November 2018 | Date of Publication: 2018-11-19

Parisa P

EDITOR

EDITOR IN CHIEF

JETIRDS06163

Research Paper Weblink <http://www.jetir.org/view?paper=JETIRDS06163>

Registration ID : 232134





Journal of Emerging Technologies and Innovative Research

An International Open Access Journal Peer-reviewed, Refereed Journal

www.jetir.org | editor@jetir.org An International Scholarly Indexed Journal

Certificate of Publication

The Board of

Journal of Emerging Technologies and Innovative Research (ISSN : 2349-5162)

Is hereby awarding this certificate to

Amarjot Kaur

In recognition of the publication of the paper entitled

Effect of Uphill Running Training and Staircase Training on Lean Body Mass, Fat Mass, Vital Capacity and Resting Heart Rate of Male Sportsmen

Published In JETIR (www.jetir.org) ISSN UGC Approved (Journal No: 63975) & 7.95 Impact Factor

Published in Volume 5 Issue 11 , November 2018 | Date of Publication: 2018-11-19

Paria P

EDITOR

[Signature]

EDITOR IN CHIEF

JETIRDS06163

Research Paper Weblink <http://www.jetir.org/view?paper=JETIRDS06163>

Registration ID : 232134

