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## Certificate of Publication

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### TITLE OF RESEARCH PAPER

THE EFFECT OF YOGSOPAN PART-I TRAINING  
PROGRAM ON SELECTED MOTOR FITNESS  
COMPONENTS OF BOYS AGED 12-14 YEARS

This is certified that your research paper has been published in  
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**“Role of Holistic Approaches to Yoga during COVID – 19”**

**In Collaboration with**

**Physical Education Foundation of India (PEFI New Delhi)**

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This is to certify that **Mr. Rupesh Vasant Rupwate, Director of Physical Education & Sports ASM's College of commerce, Science & Information Technology, Pimpri, Pune.** has participated / presented research paper entitled **“Yoga Protocol for Physical Fitness during Covid-19”** in the One Day Interdisciplinary National E - Conference on **“Role of Holistic Approaches to Yoga during COVID – 19”** organised by Seth Kesarimal Porwal College of Arts & Science & Commerce, Kamptee, Napur on 29 August 2020.

His/her paper has been published in UGC Referred Journal No.- 40776 - Ajanta - 2277 - 5730 with Impact Factor - 6.399

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Manipal University Jaipur

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This is to certify that Ms./Mr./ Dr.

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presented a paper titled EFFECTIVENESS OF SPECIFIC SPORTS TRAINING PROGRAM ON SPEED & STRENGTH TO

PREPARE ATHLETICS RUNNERS ON BOYS AGED 12-14 YEARS

in the IVCPESS 21, held at Manipal University Jaipur.

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