

INTERNATIONAL RESEARCH JOURNAL OF MANAGEMENT SCIENCE AND TECHNOLOGY

An Internationally Indexed Peer Reviewed & Refereed Journal



UGC ID - 47959

Impact Factor* : 6.9314

Ref:IRJMST/2019/A1018868

DOI : [HTTPS://DOI.ORG/10.32804/IRJMST](https://doi.org/10.32804/IRJMST)

ISSN – 2250 – 1959 (0) 2348 – 9367 (P)

THIS CERTIFIES THAT

DR. MAMTA SAHRAWAT

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**PSYCHOLOGICAL BENEFITS OF CALISTHENICS: A STUDY ON TEENAGE GIRL'S MENTAL
HEALTH**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 10 , Issue – 7 Jul , 2019



Editor in Chief



www.IRJMSST.com



Computer Science Directory

